










Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Do some simple stretching ¹</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Have a family yoga session ²</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Head to the park or the beach with a football/frisbee ³</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Have a look through old photo albums together ⁴</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Wash the car together ⁵</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Write 10 things you are thankful for ⁶</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>	<p>Have a family dance off ⁷</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>
<p>Make a date for a long family brunch - no devices ⁸</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Cook a healthy meal together from scratch ⁹</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Try 5 minutes of <u>meditation</u> ¹⁰</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Start the day by telling each other 3 things you like about the other person ¹¹</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Go to bed one hour earlier than normal ¹²</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Have a digital detox day ¹³</p>  <p>Family supplements taken: Adult <input type="checkbox"/></p>	<p>Tell each other some jokes to get belly laughing ¹⁴</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>
<p>Spend 30 minutes outside and connect with nature ¹⁵</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Make a delicious <u>smoothie</u> for breakfast (remember to add your Revive Active!) ¹⁶</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Dust off the bikes and scooters and go for a cycle/scoot ¹⁷</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Create an <u>obstacle course</u> in the garden ¹⁸</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Make a healthy dip and plate of veggie sticks to enjoy together ¹⁹</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Count up your water intake today to make sure you are getting enough ²⁰</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>	<p>Make some <u>overnight oats</u> for breakfast ²¹</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>
<p>Do 2 minutes of skipping or hula hooping ²²</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Go for a walk in the woods ²³</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Try <u>geocaching</u> in your neighbourhood ²⁴</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Walk the dog (or borrow one to walk!) ²⁵</p> <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Have a nerf or water or pillow fight ²⁶</p>  <p>Family supplements taken: Child <input type="checkbox"/> Adult <input type="checkbox"/></p>	<p>Make healthy <u>frozen ice pops</u> (don't forget to add your Revive Active!) ²⁷</p> <p>Family supplements taken: Adult <input type="checkbox"/></p>	<p>Watch something funny together ²⁸</p>  <p>Family supplements taken: Adult <input type="checkbox"/></p>

Extra Family Wellness Challenges

- Do a 2K walk, cycle or scooter together
- Park further away and walk the rest of the way to school
- Add an extra piece of fruit or vegetable to your daily diet this week
- Exercise your name!
- Stock up on your Revive Active!

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