



Captain Lifestyle's Family Health Challenge



Welcome to the Family Health Challenge! My name is Captain Lifestyle, and I am here to help you and your family transform into the best versions of yourselves. My goal for this challenge is to help you and your family redefine what health means to you.

On the next page you will find a worksheet that I want each member of the family to print and fill out on their own. There are 6 batteries that are separated into the 6 core areas of health and I need your help to make sure each battery is filled by the end of the week – that way both me and you are the healthiest we can possibly be! (As a family feel free to come up with your own rules along with the ones already listed!)

Challenge your family members to see who can fill out each battery first. Keep each sheet on the refrigerator so that everyone has a chance to see your progress. By the end of the week, winner of each battery gets to choose the fun activity that the family gets to do together in that area of health!

Ex: If mom is the first to complete the "Move More" battery, then she gets to choose the fun activity that involves physical activity that the entire family gets to do together!

** To save the trees, each family member (if you can) laminate or attach clear tape over the name, date, and battery sections of the page. Use a dry erase marker that can be wiped off at the start of each week! That way each family member only needs one sheet.



TRANSFORM



NAME:

DATE:

MOVE MORE: Shade in a section of the battery each time you complete an event that incorporated physical activity, exercise, and/or movement.

You got this!					Halfway there!				Great work!
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EAT SMARTER: Shade in a section of the battery each time you eat a serving of vegetables or fruits, trade in refined grains for whole grains, and ate at home instead of buying fast food out.

You got this!					Halfway there!				Nice job!
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SLEEP MORE SOUNDLY: Shade in a section of the battery each time you increase your daylight exposure, moved at least once every hour of the day, stopped using a smartphone and other electronic devices at least one hour before going to bed, and/or created a sleep schedule for yourself.

You got this!					Halfway there!				You did it!
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MANAGE STRESS BETTER: Shade in a section of the battery each time you do something for yourself that you genuinely enjoy, and that takes your mind off of whatever it is that is stressing you out at

You got this!					Halfway there!				Awesome work!
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CULTIVATE RELATIONSHIPS: Shade in a section of the battery each time you spend quality time with a friend or family member, start a new project or activity with someone else, and/or help / support someone else who needed you.

You got this!					Halfway there!				That's great!
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AVOID RISKY SUBSTANCES: Shade in a section of the battery each time you say no to drugs / alcohol, talk about how these substances can negatively impact your health, and/or have an open discussion about what these substances are and the effects they can cause.

You got this!					Halfway there!				Fantastic job!
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