

# REVUP 2019

## 21-DAY FAMILY CHALLENGE

Rev up your family's health, wellness and outlook in 21-days with new goals, motivation and inspiration to make 2019 your best year yet. From January 7th – January 21st, we're sharing a weekly challenge and encouraging you and your family to take action together! Get started by setting goals as a family and filling out your goal tracker.

### WEEK 1 : CHOOSE A HEALTHY EATING GOAL

Goal of the week

mon

tue

wed

thu

fri

sat

sun

**EXAMPLES** choose whole-grains, eat fruit or veggies instead of junk food, drink water or milk instead of soda

### WEEK 2 : CHOOSE A FAMILY ACTIVITY GOAL

Goal of the week

mon

tue

wed

thu

fri

sat

sun

**EXAMPLES** read a book, go for a walk, do a puzzle, eat dinner as a family each night of the week

### WEEK 3 : CHOOSE A GIVE BACK GOAL

Goal of the week

mon

tue

wed

thu

fri

sat

sun

**EXAMPLES** eat lunch with a new classmate, compliment a friend, assist an elderly person