

# FAMILY FITNESS MONTH



Gather your gang and let's get active! May is National Physical Fitness & Sports Month and to kick it off Ultimate Ninjas & ULTIFIT are celebrating with Family Fitness Month. This is a great opportunity for families to see how easy and fun it is to get active together!

How many of the weekly fitness challenges can you check off with your family? Check off at least one every week and you have a chance to win a Saturday night Open Play for you and your friends! Turn this form into the front desk. Limit one entry per family.

## WEEK 1

- |   |   |
|---|---|
| <input type="checkbox"/> 100 Family Jumping Jacks         | <input type="checkbox"/> 50 Family Pushups by end of week |
| <input type="checkbox"/> Play Tag Together for 20 Minutes | <input type="checkbox"/> 50 Family Squats by end of week  |

## WEEK 2

- |   |   |
|---|---|
| <input type="checkbox"/> Play Catch for 30 Minutes    | <input type="checkbox"/> Walk/Run/Bike 1 mile (3 days this week)  |
| <input type="checkbox"/> 100 Family Mountain Climbers | <input type="checkbox"/> Family attends "Shake It Off 5K" May 14th<br><small>If you're not in the Chicago area, do your own Family 5K to finish the week.</small> |

## WEEK 3

- |   |   |
|---|---|
| <input type="checkbox"/> Ride Bikes for 30 Minutes      | <input type="checkbox"/> Daily Family Plank (1 minute)  |
| <input type="checkbox"/> Play Basketball for 30 Minutes | <input type="checkbox"/> 5 Family Burpees Before Dinner |

## WEEK 4

- |  |   |
|--|---|
| <input type="checkbox"/> Go on a 2 Mile Family Hike    | <input type="checkbox"/> Family Outdoor Activity of Choice (3 Days) |
| <input type="checkbox"/> 500 Reps of Family Rope Jumps | <input type="checkbox"/> 1 Minute Daily Family Deadhang             |

Family Name: \_\_\_\_\_

