


# Nutrition & Fitness Challenge

WEEK 1						
	Nutrition <b>Browse the module</b> 	Where are you on the food target?	Pick 2 items to try in the center of the food target  Work on a 500 piece puzzle together	<a href="#">Family Scavenger Hunt</a>	Make family dinner together:	Play a family game together Plan dinner menus for the following week Grocery shop for the week
WEEK 2						
Finalize dinner menus for the week  Grocery shop for the week	<b>Electronic free night</b>  Work on a 500 piece puzzle together	<b>Make family dinner TOGETHER</b>	<b>Have you made any changes to your eating habits in regards to the food target?</b>	<b>Play family fitness</b> <a href="#">Monopoly</a>  <b>Family game night</b>	<b>Watch a family movie together. What part of the movie did you like best?</b>	Try a new family activity together  Plan dinner menus for the following week
WEEK 3						
Finalize dinner menus for the week  Grocery shop for the week	<b>Research a new recipe as a family to make next week</b>	<b>Have you made any changes to your eating habits in regards to the food target?</b>	<b>Random Acts of Kindness Day to friends and family members</b>	<b>Karaoke night</b>	Work on a 500 piece puzzle together	Plan dinner menus for the following week
WEEK 4						
Finalize dinner menus for the week  Grocery shop for the week	<b>Play family fitness</b> <a href="#">Monopoly</a>  <b>Family game night</b>	Work on a 500 piece puzzle together	<b>Family coloring contest</b>	<b>Have you made any changes to your eating habits in regards to the food target?*</b>	<b>Watch a family movie together. What part of the movie did you like best?</b>	Plan dinner menus for the following week
WEEK 5						
Finalize dinner menus for the week  Grocery shop for the week	<b>Random Acts of Kindness Day to friends and family members</b>	<b>Family bike ride or nature walk</b>	<b>Congratulations! You made it to the end of the challenge!</b> <b>*Fill out the Questionnaire to enter the giveaway!</b>	Eat dessert first and then dinner!!	<a href="#">Family yoga</a>	<b>Random Acts of Kindness Day to friends and family members</b>