

20-Day Family Discussion Challenge

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1	2	3	4	5	6
Welcome to the Family Discussion Challenge! Each day there is a workout for your family to complete. During or after exercise, use the daily prompt to start a family discussion.	Friendship Start strong with this Family HIIT video and encourage each other as friends! <i>Prompt: How would a friend describe you?</i>	Strengths Embrace your inner superhero with this Power Punching video! <i>Prompt: If you could have any superpower, what would it be?</i>	Travel Travel around your space with this Gymnastics Floor Skills video. <i>Prompt: If you could go anywhere, where would you go?</i>	Friendship Support each other through this Total Body Exercise routine. <i>Prompt: What are 3 traits you look for in a friend?</i>	Feelings Get active and have fun with this Fitness Drumming video . <i>Prompt: What color describes how you are feeling?</i>	
Week 2	8	9	10	11	12	13
	Feelings Have fun with this Basketball Skills video. <i>Prompt: Share something that makes you happy!</i>	Strengths Focus on your strengths with this Positive Self Images workout. <i>Prompt: What is something that you are good at?</i>	Feelings Work hard through this Family HIIT workout! <i>Prompt: Describe how you feel about a topic of your choice using weather terms (ex: sunny with clear skies).</i>	The Future Relax today with this Yoga and Stretching routine. <i>Prompt: What is something that you are looking forward to?</i>	Feelings Challenge yourself with this Volleyball Skills video. <i>Prompt: What is something that scares you?</i>	
Week 3	15	16	17	18	19	20
	Friendship Get stronger together with this Lower Body and Abs HIIT routine. <i>Prompt: Talk about a time when a friend hurt you and how you handled it.</i>	The Future Try something new and complete this Water Bottle Fitness workout. <i>Prompt: What do you want to be when you grow up?</i>	Feelings Complete this Stretches and Exercises video. <i>Prompt: What makes you feel loved?</i>	Favorites Work on your balance skills with this Gymnastics Beam Skills video. <i>Prompt: What is your favorite candy? (tell a special memory while eating it!)</i>	Favorites Complete this basketball Ball Handling workout perfect for summer. <i>Prompt: What's your favorite season?</i>	
Week 4	22	23	24	25	26	27
	Memories Have fun with this Gymnastics Strength and Conditioning video. <i>Prompt: What was the best part of your day today?</i>	Favorites Complete this Just Move workout! <i>Prompt: Describe your favorite character from a book.</i>	Strengths Work on your physical strength with this Push-Up Challenge. <i>Prompt: What's your star power?</i>	Favorites Keep it simple with this Total Body Cardio and Strength workout. <i>Prompt: What would be the best pet and why?</i>	The Future Test out your sports skills with this Sports Theme Workout. <i>Prompt: What sport that you have never tried would you like to try?</i>	Congratulations! You made it to the end of the challenge! Now keep having great family discussions!