

# 30-Day Family Team Building Challenge

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6	7
Start with this <a href="#">Family Activities</a> video. Plan your staycation as a family!	Do this <a href="#">Arm Circuit</a> video. Meet and review the week as a family and take an afternoon family walk.	Complete this <a href="#">Total Body HIIT</a> video. Do Monday night meal prep as a family and play board games.	Do this <a href="#">Pool Noodle Fitness</a> video. Work on family chores and home projects.	Join the Detroit Lions for this <a href="#">Football Drill</a> video. In the morning, have family exercise time at home. In the evening, have quiet time.	Complete this <a href="#">Family HITT</a> workout. Work on family chores and home projects and do an outdoor team building activity.	Do this <a href="#">Gymnastics Floor Skills</a> video. Have family breakfast that the kids prepare and a movie night at home!
8	9	10	11	12	13	14
Do this <a href="#">Kickboxing Combo</a> video. Use an obstacle course to do driveway Olympics.	Join the Detroit Lions for an <a href="#">Agility Bags/Pillow Drill</a> video. Have a family backyard picnic and meet and review the week as a family!	Complete this <a href="#">Leg Day</a> video. Do Monday night meal prep as a family and paint, color, draw, construct!	Complete this <a href="#">Family Workout</a> video focused on sleep. Work on family chores and home projects.	Join the Detroit Lions for this <a href="#">Agility Drills</a> video. In the morning, have family exercise time in the park.	Complete this <a href="#">Core Workout</a> video. Work on family chores and home projects, and do a family team building activity.	Do this <a href="#">Upper Body Chair HIIT</a> video. Have a restaurant at home night with kids preparing the meal and a family game night!
15	16	17	18	19	20	21
Relax with this <a href="#">Yoga and Stretching</a> video. Staycation Day 1 - enjoy!	Relax with this <a href="#">Gymnastics Warm-up and Stretch</a> video. Staycation Day 2 - enjoy!	Do this <a href="#">Sports Skills</a> video. Do Monday night meal prep as a family and play board games.	Perform this <a href="#">Glute and Cardio</a> video. Work on family chores and home projects.	Do this <a href="#">Dynamic Warm-Up</a> video from the Detroit Lions. Do an evening family hike and picnic.	Complete this <a href="#">Family "FITT"</a> video. Work on family chores and complete a family team building activity!	Do this <a href="#">Gymnastics Strength and Conditioning</a> video. Invite a neighbor over as a family.
22	23	24	25	26	27	28
Enjoy this <a href="#">Fitness Drumming</a> video. Go on a day trip as a family!	Complete this <a href="#">Power Punching</a> workout. Have a family meeting to build your family mission statement.	Complete this <a href="#">Ab Circuit</a> video. Do Monday night meal prep as a family and have kids choose the games for game night.	Join the Detroit Lions for this <a href="#">Lower Body Workout</a> video. Work on a landscape project or garage cleaning as a family.	Do this <a href="#">Family Workout</a> . In the morning, go on a family walk. In the afternoon, do a problem solving activity.	Complete this <a href="#">Total Body Exercise</a> video. Work on family chores and projects.	Join the Detroit Lions for this <a href="#">Ladder, Cone, and Pillow Agility</a> video. Make homemade pizzas and share stories.
29	30					
Have fun with this <a href="#">Push-up Challenge</a> video. Invite the neighbors for driveway Olympics featuring Broomball.	Finish strong with this <a href="#">Water Bottle Fitness</a> video. Have a family volunteer day at church, school, etc.	Congratulations on finishing the challenge! Work as a family to build your next 30-day team building program.				