



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Family Health Week Sheet

Complete each activity and return the corresponding cut-out with name, email, and phone number to your local YMCA. Each cut-out will enter your family into a drawing for a FAMILY FUN PACK!

Attend Streets Alive!

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Eat 1 Family Meal With No T.V.

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Go Swimming as a Family

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Go On A Walk as a Family

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Eat 5 Fruits/Vegetables In 1 Day

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Have a Family Board Game Night

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Drink 4+ Glasses Of Water In 1 Day

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Have a Family Park Playdate

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Unplug For 1 Day— No Electronics

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.

Play In the Gym as a Family

Name: _____

Email: _____

Phone: _____



Drawing will be held Monday, September 28th. Winner will be notified by email or phone. Prize must be Picked up by Friday, October 2nd.