

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!	Eat 1 Family M
Name:	 Name:
Email: the	Email:
Phone:	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.	Drawing will be held Monda will be notified by email or up by Friday, October 2nd.
Go Swimming as a Family	Go On A Wa
Name:	 Name:
Email:the	Email:
Phone:	' 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.	Drawing will be held Monda will be notified by email or up by Friday, October 2nd.
Eat 5 Fruits/Vegetables In 1 Day	Have a Family B
Name:	Name:
Email:the	' Email:
Phone:	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.	Drawing will be held Monda will be notified by email or up by Friday, October 2nd.
Drink 4+ Glasses Of Water In 1 Day	Have a Family
Name:	 Name:
Email:the	Email:
Phone:	، 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.	Drawing will be held Monda will be notified by email or up by Friday, October 2nd.
Unplug For 1 Day— No Electronics	Play In the G
Name:	Name:
Email:the	Email:
Phone:	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.	Drawing will be held Monda will be notified by email or up by Friday, October 2nd.

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Name:	
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Email:	the
Phone:	Sur
Drawing will be held Monday, September vill be notified by email or phone. Prize up by Friday, October 2nd.	
Go On A Walk as a l	Family
Name:	
Email:	the
Phone:	UIIC Shu
Drawing will be held Monday, September vill be notified by email or phone. Prize up by Friday, October 2nd.	• must be Picke
Have a Family Board Ga	ame Nigh
Name: Email:	-
Phone:	the s
Drawing will be held Monday, September vill be notified by email or phone. Prize up by Friday, October 2nd.	
Have a Family Park P	laydate
Name:	
Email:	the

Play In the Gym as a Family		
Name:	ND *	
¦Email:	the	
Phone: Drawing will be held Monday, Septembe		
will be notified by email or phone. Prize up by Friday, October 2nd.		

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