



Welcome to the
7-Day Family Fitness Challenge!

By Art McDermott CSCS CISSN

7-Day Family Fitness Challenge:

Introduction

This challenge uses a point-based system where each family member has a role, and the entire family works together to reach a shared weekly goal. Points are tracked in a central location by the member of the family who is the "Tracker" for each day.

Try not to fall behind, but if you do, you can unlock bonuses and "power-ups" by completing extra activities!

Here are some rules to help keep you on track.

Rule #1: Always stay positive and supportive of everyone else.

Rule #2: Never forget Rule #1!

Rule #3: Never use unhealthy, sugary, or fried food or adult beverages as a reward for achieving a goal!

Rule #4: Stay consistent! Small simple progress always wins in the long run.

Rule #5: The purpose of this Challenge is to celebrate the wins whenever you can!

Rule #6: When in doubt, "squat it out". If you cannot complete a Challenge, you can substitute in 100 air squats to earn your full points!

You're building lifelong positive habits and that's a good thing to be encouraged!

Overall Structure

- **Goal:** Earn 500 points by the end of the week to win the "Fit Family Champions" title.
- **Roles:** Each day family members choose a role: *Motivator, Tracker, Team Captain, or Rules Instructor*. Roles rotate daily.
- **Daily Points:** Each day's challenge is worth up to 75 points. This will keep you on track to hit the Gold Medal standard at the end of the week.
- **Bonus Points:** Missed goals can be recovered with bonus activities (up to 25 points/day).
- **Every time any family member goes an entire day without eating processed sugar, they contribute 10 points to the family total!**
- If the activities are too easy for one or more family members, try to increase the difficulty by putting a time limit on them or adding weight to the task. Or they could be required to add 25 push-ups, 25 burpees, or 50 air squats after every turn they have.

But ALWAYS put safety first!

Day-by-Day Challenges

Day 1: The Great Family Adventure (50 Base Points, +25 Bonus Possible)

- **Activity:** Create a map of your neighborhood or house and embark on a "Fitness Quest." Walk, jog, or even dance between points on the map. Complete 5 minutes of activity for every "checkpoint" reached. Use the list below. **The family earns all 50 points if everyone completes this activity!**
- If weather is a limitation, you can select "stations" inside your home where you can do exercises in place for 60 seconds each. Be sure to stop at 5 in-house stations.
- Here are some recommended exercises. Pick ones that you're good at!
 - **Push-ups, lunges, jumping jacks, squats, burpees, sit-ups, or running in place**
- **Bonus:** Encourage every family member to pick their favorite exercise and do a single set for 3-5 minutes. Take breaks when needed (+10 points for each family member who completes this bonus).
- **NOTES:** Review the daily wins! *What did you do today that went really well?*

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- **Be sure to write down your point total on the tracking sheet!**
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Day 2: Kitchen Combat (75 Points)

- **Activity:** Team up to make healthy, themed meals (e.g., "Power-Up Smoothies" or "Hero Pizzas"). Earn points for creativity and teamwork. Create one healthy meal each night for each family member in the challenge!
- You'll add in your points at the END of the Challenge once you eat all the meals during the week
Tip: Use the internet to find a simple, healthy recipe that can be prepared in 20 minutes or less
- **Roles:** Chef, Assistant Chef, Food Preparer, and Taste Tester rotate between family members.
- **Bonus:** Share your creation on a family group chat or social media for accountability (+10 points for each meal).
- **NOTES:** Review the daily wins! What meals were voted to be the best!? What habit(s) are you starting to build?

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Day 3: Screen-Free Fitness Frenzy (50 Base Points, +30 Bonus Possible)

- **Activity:** A scavenger hunt where clues require physical activity (e.g., "10 jumping jacks before completing this step and moving on to the next clue").
- Hide healthy snacks or funny rewards. Repeat at least 3 times.
- **Roles:** One clue hider and everyone else is a finder. Rotate roles for each round.
- **Bonus:** Create and complete the scavenger hunt for a stuffed animal, or a piece of sports equipment, for example. The family earns 10 bonus points each time you successfully complete the hunt **AND** no one uses a phone during this Challenge!
- **NOTES: NOTES:** Review the daily wins! What was the toughest clue? What habit(s) are you starting to build?

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- **Be sure to write down your point total on the tracking sheet!**

Day 4: Cardio & Carry (75 Points)

- **Activity:** Find a single, standard step (you only need one step). Go up and down the step 50 times, and then take a brisk walk in and out of every room in the house. Return to the same step and do 50 more "up-downs".

An "up-down" means stepping up the stair with both feet and then back down. Follow an "Up, up, down, down" tempo. This equals 1 "rep". Go to 50. Each family member should do this twice.
- **Bonus:** Create a "fluffy duffle" bag (laundry bag, an armful of clothes, or a soft-sided suitcase). You may need two of these—one heavy one and one lighter one. The weight should not be too easy for the strongest person or too heavy for the less strong.
- **Award an extra 10 points for completing a turn with the extra weight.**
- **NOTE:** If this is too much for someone. They can do the activity with no weight or put it down halfway through. Always put safety first. Make sure there are no objects to trip over!
- **NOTES: NOTES:** Review the daily wins! How good was your endurance? What habit(s) did you introduce or reinforce today?

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- **Be sure to write down your point total on the tracking sheet!**

Day 5: Fitness Story Slam (50 Points, +25 Bonus Possible)

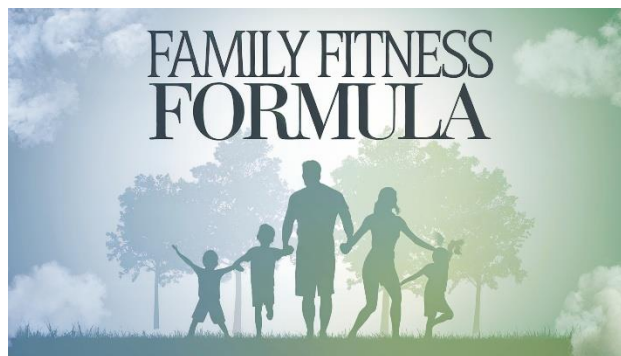
- **Activity:** Turn exercise into a story. Each member of the family adds a line and then everyone acts out movements. For example: "Climb the mountain stairs! Jump over lava 20 times! Crawl underneath the electric wire on your hands and knees! Run from the lion for a minute!".
 - The story should last at least 20 minutes. If everyone completes every line, award the family the full 50 points!
 - **Count on the kids to be super creative on this one!**
 - **Roles:** Everyone is the storyteller!
 - **Bonus:** Every family member does a wall squat for 1 minute. Plus 10 points for each member of the family to complete the task!
 - Find a solid wall. Squat down so the tops of your legs (quads) are parallel to the ground. Lean your back against the wall and hold!
 - **NOTES:** Review the daily wins! What was the funniest line in the story? What habit(s) did you introduce or reinforce today?
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- **Be sure to write down your point total on the tracking sheet!**

Check-in time!

You've got 2 days to go.

Do you need to add bonus activity to reach your goal?



Day 6: Family Fit Olympics (75 Points)

- **Activity:** Create your own "Family Olympics" at a local park with events like sock-throw discus (maybe with a tennis ball inside?), water-bottle bowling, and relay races.
- Award gold, silver, and bronze stars to participants. Always make sure you've got plenty of room away from other folks so no one gets hit!

There are lots of alternatives here. If you can't get outdoors, you could try doing activities in a kneeling position to make things much more challenging.

One VERY challenging recommendation would be to have relay races on a carpeted floor where you could:

- Push a lifting plate across a floor with a rug
 - Crab walk races
 - Lateral bear crawl races ("walk" sideways on your hands and feet only for 30 the fastest time or a fixed distance
 - Lunge walk for 50 yards. Go back and forth if there's not enough room!
- **Bonus:** Add a "super fruit & veggie" post-competition meal! Again, Google will have hundreds of recipes. The goal is great flavor and easy preparation. Be sure to go to the supermarket as a family to pick up your supplies! (+15 points).
 - **NOTES:** Review the daily wins! What went well? What habit(s) did you introduce or reinforce today?

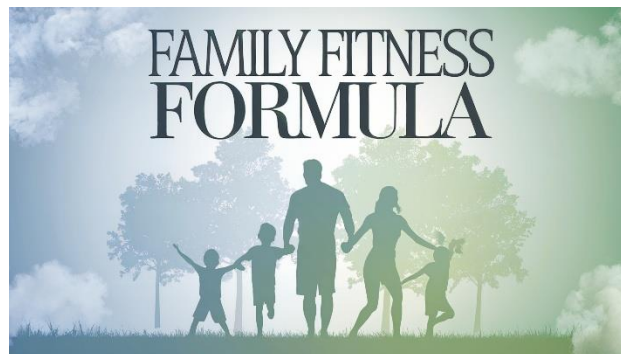
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- **Be sure to write down your point total on the tracking sheet!**
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Day 7: The Grand Finale Relay (75 Points)

- **Activity:** End the week with a celebratory relay race combining everyone's favorite activities from the week. Everyone picks the one thing they had the most fun with!
- For an extra level of difficulty, get everyone to keep moving for a full 30 minutes straight.
- You can drink water but your feet (or body if you're doing squats for example) should never stop moving!
- **Bonus:** Point out every family member's superpower and let them know how well they did at it! (+10 points for each compliment!).
- "You're great at those air squats!" "Wow! You've got super-fast feet on those stairs!"
You get the idea! Positivity always wins.
- **NOTES:** Review the daily wins! What changes will you make as a family going forward?
- What habit(s) did you introduce or reinforce over the past week?
- What is the biggest thing you learned?
- List a goal you want to achieve as a family:

- **Be sure to write down your point total on the tracking sheet!**

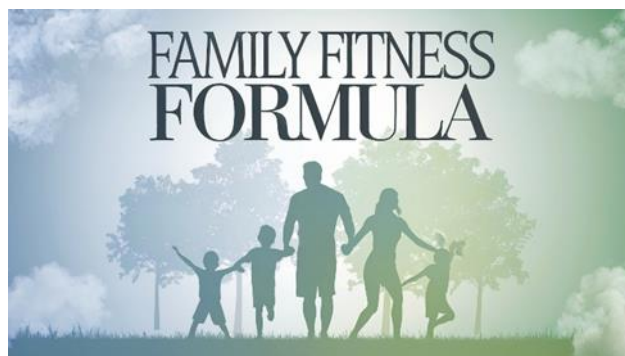


Point Tracker

- Put the Tracking Sheet into a shared document or app (like Google Sheets) or post it on the fridge!
 - **Add Daily Points:** Fill in activity points.
 - **Add Bonus Challenges:** Highlight completed bonuses in green.
 - **Progress Meter:** A bar or “thermometer” tracker showing the family’s progress toward the 500-point goal.
 - **Catch-Up Tips:** If behind, suggest bonus activities like a 15-minute “power walk” (+10 points) or a "Calisthenics Challenge" (+15 points).
 - This uses push-ups, sit-ups or planks, squats, lunges, mountain climbers, or burpees.
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Family Rewards

- **Level 1: Bronze Medal** (300 Points): The family chooses a movie night with a healthy snack.
 - **Level 2: Silver Medal** (400 Points): All of you enjoy a family cookout or healthy restaurant outing to celebrate.
 - **Level 3: Gold Medal** (500 Points): Celebrate the "Family Fit Champions" title and earn a day trip to the beach, skiing & snow park, or water park, etc.
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Don't stop now!

Our goal is to create habits that last a lifetime!

Here's how you can keep things going.

For the next 6 weeks, perform the challenge for that week at least 3 times!

Here's the updated version of the individual challenges, now including the "Focus on Your Body" descriptions:

Week 1. Plank Challenge

How Long Can You Plank?

- **Regression:** Elbows and knees.
- **Progression:** 3 points of contact—2 elbows and a foot, or 2 feet and an elbow.

Focus on Your Body:

- Maintain a straight line from head to heels.
 - Squeeze your butt and gut.
 - Keep elbows under your shoulders, hands straight forward, and eyes looking between your hands.
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Week 2. Squat Challenge

Perform 30 Squats After Each Meal

- **Regression:** Sit on a high box or chair, and decrease repetitions.
- **Progression:** Sit deeper or turn into a jump squat, increase repetitions.

Focus on Your Body:

- Sit back and push your knees out; don't let knees push forward.
 - Keep your full foot on the ground.
 - Maintain an upright torso and keep your eyes forward (not down).
 - Avoid inward knee collapse.
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Week 3. Wall Sit Challenge

How Long Can You Wall Sit?

- **Regression:** Sit a little higher on the wall.

- **Progression:** Move feet closer together or hold a weighted object.

Focus on Your Body:

- Keep your back flat against the wall.
 - Ensure thighs are parallel to the floor (or as close as possible).
 - Avoid leaning forward; keep shoulders back.
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Week 4. Push-Up & Squat Challenge

Countdown

- Start at 12 push-ups and 12 squats.
- Continue with: 10 push-ups, 10 squats; 8 push-ups, 8 squats; 6 push-ups, 6 squats; 4 push-ups, 4 squats; 2 push-ups, 2 squats.

Focus on Your Body for Push-Ups:

- To make push-ups easier, elevate your hands.
- To make push-ups harder, elevate your feet.
- Maintain a straight line from head to heels.

Focus on Your Body for Squats:

- Sit back, push knees out, and avoid forward knee movement.
 - Keep the torso upright and feet grounded.
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Week 5. Leg Matrix Challenge

Matrix: Pick 8, 16, or 24 Reps

- **Order:** Squat jumps, squats, shuffle jumps (each leg), reverse lunges (total reps).
- Complete as fast as you can.

Focus on Your Body:

- For **shuffle jumps**: Stagger feet (one foot in front, one behind). Jump and switch feet in the air.

- For **reverse lunges**: Step back, keeping a straight torso and ensuring the front knee doesn't collapse inward.
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Week 6. Gut & Butt Challenge

Round Two

- 30 seconds mountain climbers, 30 seconds hip raises.
- Complete 4 rounds, alternating exercises.
- Rest as needed between exercises.

Focus on Your Body:

- For **mountain climbers**: Keep a straight line from head to heels, engage your core, and avoid bouncing hips.
 - For **hip raises**: Push through your heels and lift your hips high while squeezing your glutes.
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