



## **What is the Family Fitness Challenge?**

The Family Fitness Challenge is a six-week program designed to encourage all County residents to get moving and eat more fruits and vegetables. It is a Learn To Live program offered by the Anne Arundel County Department of Health.

## **When does the Challenge begin?**

You can join the Family Fitness Challenge at any time. The program takes 6 weeks to complete.

## **Who can join the Challenge?**

Anyone who lives or works in Anne Arundel County may sign up for the Challenge.

Children under the age of 13 must be signed up by a parent or guardian who grants permission for participation.

Local businesses interested in hosting a competition at their work site should contact the Learn To Live line at 410-222-7979 for more information.

## **How can I start the Challenge?**

You can record your progress using the Internet or you can use a printed log sheet that tracks your activities.

Internet users: Visit the Anne Arundel County Department of Health at [www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org). Click on Fitness Challenge under the Food and Fitness column to register. Your activity can be entered in a computer log sheet daily or weekly.

Other users: If you do not have Internet access, call the Learn To Live line at 410-222-7979 to receive a sign up kit. At the end of the challenge, return the sign up form, activity log and survey to:

Anne Arundel County Department of Health

Learn To Live

1 Harry S. Truman Parkway

Annapolis, MD 21401



## Register for the Family Fitness Challenge!

Gender:  Male  Female      Age: \_\_\_\_\_      Zip Code: \_\_\_\_\_

**On the average day, how many servings of fruits and vegetables do you eat?**

0    1    2    3    4    5    6    7    8    9

### What is a Serving:

- 1 medium-sized piece of fruit (for example: apple, orange, banana or pear)
- $\frac{3}{4}$  cup 100% fruit juice
- $\frac{1}{4}$  cup dried fruit (for example: raisins, dried apricots or prunes)
- 1 cup raw leafy vegetables (for example: lettuce or spinach) or salad
- $\frac{1}{2}$  cup cooked or canned vegetables
- $\frac{3}{4}$  cup 100% vegetable juice
- $\frac{1}{2}$  cup cooked or canned beans, peas or lentils

**On the average day, how much time do you spend exercising, taking a walk or doing something else physical?**

None    less than 30 min.    30 min. to 1 hour    1 hour    2 hours    3 hours    more than 3 hours

### What is Physical Activity:

Physical activity is anything that gets you moving at a moderate pace (equal to a brisk walk). Other examples are using the stairs, housework, yard work, bike riding, hiking, recreational sports or dancing. Physical fitness is your ability to perform physical activity. The more you move, the more you improve.

**Where did you find out about the Family Fitness Challenge?**

On the web       At the Health Department Website       Newspaper Ad  
 Brochure       Other (specify) \_\_\_\_\_

### Disclaimer:

- I am at least 13 years of age. (If you are a child under the age of 13 your parent or guardian must enroll you in the Family Fitness Challenge.)
- I will assume all responsibility for updating my personal information and any of my children's information if enrolled in the Family Fitness Challenge.
- Most healthy people do not need to see a doctor before they start a gradual program of physical activity. But do talk to your doctor before you begin an exercise program if you are not used to energetic activity or have an illness such as asthma, high blood pressure, heart disease or diabetes.

I have read the above disclaimer and accept the terms. Please initial \_\_\_\_\_



## Family Fitness Challenge Log Sheets

### Family Fitness Challenge Objectives:

1. To increase physical activity for adults (over the age of 18) to a minimum of 30 minutes per day most days of the week and to increase physical activity for children (under the age of 18) to at least 60 minutes per day most days of the week.
2. To increase fruit and vegetable consumption to at least 5 servings per day.

### Earning Points:

**Use the log sheets provided to track your progress. Complete one log sheet per week of the Challenge.**

#### Adults (over the age of 18)















1. Enter 1 point per 30 minutes of physical activity you do each day in the tennis shoe.
2. Enter 1 point per serving of fruit or vegetable you eat each day in the apple.

#### Youth (children under 13 must be enrolled in the Challenge by a parent or guardian)

1. Enter 1 point per 60 minutes of physical activity you do each day in the tennis shoe.
2. Enter 1 point per serving of fruit or vegetable you eat each day in the apple.

Participant name: \_\_\_\_\_

## FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 1 Subtotals:**















Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_

**Weekly Tip:** A diet rich in fruits and vegetables will help you control your weight.

Participant name: \_\_\_\_\_

## FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 2 Subtotals:**















Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_

**Weekly Tip:** Wear properly fitted shoes and bright clothing if you take a walk.

Participant name: \_\_\_\_\_

### FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 3

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 3 Subtotals:**















Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_

**Weekly Tip:** Visit the Department of Health Website at [www.aahealth.org](http://www.aahealth.org) for low-fat, high fiber recipes.

Participant name: \_\_\_\_\_

### FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 4

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 4 Subtotals:**















Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_

**Weekly Tip:** Always carry identification when you are away from home. Consider bringing a cell phone.

Participant name: \_\_\_\_\_

### FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 5

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 5 Subtotals:**















Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_

**Weekly Tip: Kidney beans and chick peas add protein power to your pasta meals.**

Participant name: \_\_\_\_\_

## FAMILY FITNESS CHALLENGE LOG SHEET: WEEK 6

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LIST YOUR ACTIVITIES/NUMBER OF MINUTES HERE							
NUMBER OF POINTS EARNED							
LIST FRUITS AND VEGETABLES EATEN HERE							
NUMBER OF POINTS EARNED							

**WEEK 6 Subtotals:**

Fruit and vegetable points: \_\_\_\_\_

Physical activity points: \_\_\_\_\_















**Weekly Tip:** Dress for the weather. Always wear sunscreen. Add a hat and gloves when the temperature drops.



# Healthy Ways To Family Fitness

## COMPLETING THE CHALLENGE

At the end of the six-week challenge, total the number of fruit and vegetable and physical activity points earned each week and re-enter them in the summary table below.

WEEK 1 SUBTOTAL	WEEK 2 SUBTOTAL	WEEK 3 SUBTOTAL	WEEK 4 SUBTOTAL	WEEK 5 SUBTOTAL	WEEK 6 SUBTOTAL	GRAND TOTAL
						
						

You must earn 210 fruit and vegetable points and 36 physical activity points to successfully complete the Challenge.

Please return completed log sheets and surveys to Anne Arundel County Department of Health, Health Information and Promotion, 3 Harry S. Truman Parkway, HD#22, Annapolis, MD 21401.

