

# HFF's "Jump Start 2012 By Working On Ourselves" Challenge



# HealthyFitFamilies.com

## "Fit For You, Fit For Them"

The Vice that I am giving up for this challenge is: \_\_\_\_\_

(Example: Fast food, Candy, Cigarettes, etc.)

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise	<input type="checkbox"/> 30 minutes of exercise
<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit	<input type="checkbox"/> 3 1/2 servings of fruit
<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables	<input type="checkbox"/> 3 1/2 servings of vegetables
<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups	<input type="checkbox"/> 20 sit-ups
<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups	<input type="checkbox"/> 20 push-ups
<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water	<input type="checkbox"/> 8 glasses of water
<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above	<input type="checkbox"/> Refrain from vice that is listed above

Be Sure to check in and update your progress at [www.HealthyFitFamilies.com](http://www.HealthyFitFamilies.com)