



# Family Boot Camp
































**May 1st—May 31st**

Each family member writes down 5 of his or her favorite bodyweight (or weighted, level appropriate) exercise, for a total of at least 20. Exercise can be dance moves, calisthenics, martial arts, anything physical that the entire family can do.

Then go for a walk, jog, or run and every 60 seconds, they do one of the exercises for 30 seconds. By the end of all the exercise, it's been a 20—minute workout! Feel free to go into overtime!

Try to do at least 15 days of the month. .

Track “YES” every time you accomplish a day.

 May 1	 May 2	 May 3	 May 4	 May 5	 May 6	 May 7
 May 8	 May 9	 May 10	 May 11	 May 12	 May 13	 May 14
 May 15	 May 16	 May 17	 May 18	 May 19	 May 20	 May 21
 May 22	 May 23	 May 24	 May 25	 May 26	 May 27	 May 28
 May 29	 May 30	 May 31				

(Print Name)

**END OF THE CHALLENGE**

Drop off form at HR Office / fax to 435-734-2038 or email to [mhernandez@boxeldercounty.org](mailto:mhernandez@boxeldercounty.org)