

# FUN FAMILY FITNESS

## Action Plan

1

**WHAT IS YOUR WHY FOR ADDING IN MORE FUN & FITNESS INTO YOUR LIFE?** Extra Credit: Write a Family Fitness Vision Statement

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2

**WHAT'S AN ACTIVE TRADITION YOU ARE EXCITED TO START/CONTINUE?** Extra credit: Put it on the calendar and send out the invites to get people excited to join you.

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**HOW DO YOU WANT TO INTEGRATE MORE FUN MOVEMENT INTO YOUR DAILY LIFE (I want to try)?:**

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**WHAT WILL KEEP YOU GOING WHEN YOU'RE TIRED/BUSY/HUNGRY/ OR OVERWHELMED?**

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**AUGUST 2024 YEAR OF WELLNESS**  
AllOne Health Wellness Team

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