





























Key: **Nutrition** **Exercise** **Outdoors** **Mindfulness** **Family** **Competition** **Pum Munud i Symud!**  - Link

1st <input type="checkbox"/> Join Mr Ffit to start this month's challenge! 	2nd <input type="checkbox"/> Make a healthy smoothie! You can follow the instructions or create your own! 	3rd <input type="checkbox"/> Go for a 30-minute walk. Use your senses - what can you hear? See? Touch? 	4th <input type="checkbox"/> Close your eyes and relax for five minutes. You could listen to relaxing music to help you. 	5th <input type="checkbox"/> Complete a scavenger hunt with your family. You could stay inside or go outdoors. 	6th <input type="checkbox"/> How many jumping jacks can you do in one minute? Can you beat Mr Ffit? 	7th <input type="checkbox"/> Share a picture or drawing of you being healthy. You could be exercising, eating healthy food, taking time for yourself or spending time outdoors. 
8th <input type="checkbox"/> Can you eat 3-5 different fruits today? 	9th <input type="checkbox"/> Random act of kindness - do something kind for someone. What did you do? 	10th <input type="checkbox"/> How many frog jumps can you do in one minute? Can you beat Mr Ffit? 	11th <input type="checkbox"/> Play hide and seek indoors or outdoors. 	12th <input type="checkbox"/> Join Mr Ffit for today's challenge! 	13th <input type="checkbox"/> Design and build an obstacle course in the garden. Time yourself and your family, how fast can you complete it? 	14th <input type="checkbox"/> Design a healthy juice or smoothie! Send Mr Ffit the recipe for him to try. 
15th <input type="checkbox"/> Take some time for drawing, painting or colouring. Play some relaxing music whilst you do it. Enjoy! 	16th <input type="checkbox"/> How many up and downs can you do in one minute? Can you beat Mr Ffit? 	17th <input type="checkbox"/> Get outside! Ride your bike, scooter or skateboard. Go for a walk or run and have fun! 	18th <input type="checkbox"/> Can you eat 3-5 different vegetables today? 	19th <input type="checkbox"/> Connect with a member of your family to see how they are. Tell them a joke and get them laughing! 	20th <input type="checkbox"/> Can you join Mr Ffit for today's challenge? 	21st <input type="checkbox"/> Design a five minute workout. Think of your own exercises or find some ideas here. 
22nd <input type="checkbox"/> Play a game together. Chat, laugh and have fun! 	23rd <input type="checkbox"/> Go on a workout walk! On your walk, can you think of some activities you could complete? E.g. 10 star jumps when you see an animal, 5 high knees when you see a lamppost! 	24th <input type="checkbox"/> Make a healthy snack! You can follow the instructions or create your own. 	25th <input type="checkbox"/> How many squats can you do in one minute? Can you beat Mr Ffit? 	26th <input type="checkbox"/> Write down all the things you are grateful for. How many can you list? 	27th <input type="checkbox"/> Take a picture or draw your favourite thing that you have done in Ffit February. 	28th <input type="checkbox"/> Can you join Mr Ffit to end this month's challenge? 



Ffit February



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