

Nov / Dec
2020



St Pat's FITTEST FAMILIES CHALLENGE

Name: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
No devices after 7pm <input type="checkbox"/>	No phone before 4pm <input type="checkbox"/>	No Snapchat today <input type="checkbox"/>	No devices before 9am <input type="checkbox"/>	No looking at phone when walking/on bus/in queue <input type="checkbox"/>	No Instagram today <input type="checkbox"/>	No Fortnite today <input type="checkbox"/>
Play football/practice your skills - send us pictures/videos <input type="checkbox"/>	Go for a 30 minute walk/scoot/run <input type="checkbox"/>	Play a game outside <input type="checkbox"/>	Smile & say hello to everyone you meet <input type="checkbox"/>	Have a family game night <input type="checkbox"/>	Join St Pat's zoom session <input type="checkbox"/>	Start a homeless/foodbank pack to donate <input type="checkbox"/>
16	17	18	19	20	21	22
Delete at least 1 app <input type="checkbox"/>	30 minute online limit <input type="checkbox"/>	No Fortnite today <input type="checkbox"/>	No Snapchat today <input type="checkbox"/>	No Instagram today <input type="checkbox"/>	No Facebook today <input type="checkbox"/>	Review your privacy settings <input type="checkbox"/>
Take a positive picture and sent it to us <input type="checkbox"/>	STAR JUMP challenge - how many can you do in 3 minutes. Send us your total <input type="checkbox"/>	Read a chapter of a book <input type="checkbox"/>	Bake a healthy treat <input type="checkbox"/>	Go for a cycle/walk or run <input type="checkbox"/>	Join St Pat's zoom session <input type="checkbox"/>	Tell us a joke to make us laugh and send it to us <input type="checkbox"/>
23	24	25	26	27	28	29
No devices today <input type="checkbox"/>	No Instagram today <input type="checkbox"/>	No SnapChat <input type="checkbox"/>	30 minute online limit <input type="checkbox"/>	Delete 1 app <input type="checkbox"/>	No Fortnite today <input type="checkbox"/>	No Xbox or Playstation today <input type="checkbox"/>
Plank Challenge - see how long you had hold a plank for - post your best score <input type="checkbox"/>	Leave a nice message for someone on a post-it <input type="checkbox"/>	Phone a relative to checkin on them <input type="checkbox"/>	Meditate or practice mindfulness for 10 mins <input type="checkbox"/>	Tell someone close 3 things you love about them. <input type="checkbox"/>	Join St Pat's zoom session <input type="checkbox"/>	Go for a walk and note all the colours and sounds - send us a pic. <input type="checkbox"/>
30	1	2	3	4	5	6
30 minute online limit <input type="checkbox"/>	No SnapChat <input type="checkbox"/>	No devices before 9am <input type="checkbox"/>	No Facebook <input type="checkbox"/>	15 minute online limit <input type="checkbox"/>	No Xbox or Playstation today <input type="checkbox"/>	30 minute online limit <input type="checkbox"/>
Find out 5 interesting facts about St Pats that you didn't know and share with us. <input type="checkbox"/>	Eat something healthy you usually avoid <input type="checkbox"/>	Phone a friend instead of texting <input type="checkbox"/>	Make a non-smoking/vape free poster, ticktok, video <input type="checkbox"/>	Sign up to club walking challenge <input type="checkbox"/>	Join St Pat's zoom session <input type="checkbox"/>	Do the St Pats Dingbat challenge check on line and post your answers <input type="checkbox"/>
7						
No social media after 6pm <input type="checkbox"/>					Download a tickable version from http://stpatsgac.com/wellbeing-hub	
Donate your homeless/foodbank pack <input type="checkbox"/>					 WHERE WE ALL BELONG	