



## Fun Family Game

### WATER

1 Point = 1 glass of water



### VEGETABLES

3 Points = Eat 1 full portion

2 points = half portion



### EXERCISE

1 Point = 1 minute of exercise

60 points = Fitness for Kids class

HELP

Helping prepare, cook and set table

5 EXTRA BONUS points!

[www.fitnessforkids.ie](http://www.fitnessforkids.ie)