

Key:

Nutrition

Exercise

Outdoors

Mindfulness

Family

Competition

Pum Munud i Symud!

 - Link

1st

Join Mr Ffit to start this month's challenge!

2nd

Make a healthy smoothie! You can follow the instructions or create your own!

3rd

Go for a 30-minute walk. Use your senses - what can you hear? See? Touch?

4th

Close your eyes and relax for five minutes. You could listen to relaxing music to help you.

5th

Complete a scavenger hunt with your family. You could stay inside or go outdoors.

6th

How many jumping jacks can you do in one minute? Can you beat Mr Ffit?

7th

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

Can you eat 3-5 different fruits today?

9th

Random act of kindness - do something kind for someone. What did you do?

10th

How many frog jumps can you do in one minute? Can you beat Mr Ffit?

11th

Play hide and seek indoors or outdoors.

12th

Join Mr Ffit for today's challenge!

13th

Design and build an obstacle course in the garden. Time yourself and your family, how fast can you complete it?

14th

Design a healthy juice or smoothie! Send Mr Ffit the recipe for him to try.

15th

Take some time for drawing, painting or colouring. Play some relaxing music whilst you do it. Enjoy!

16th

How many up and downs can you do in one minute? Can you beat Mr Ffit?

17th

Get outside! Ride your bike, scooter or skateboard. Go for a walk or run and have fun!

18th

Can you eat 3-5 different vegetables today?

19th

Connect with a member of your family to see how they are. Tell them a joke and get them laughing!

20th

Can you join Mr Ffit for today's challenge?

21st

Design a five minute workout. Think of your own exercises or find some ideas here.

22nd

Play a game together. Chat, laugh and have fun!

23rd

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

Make a healthy snack! You can follow the instructions or create your own.

25th

How many squats can you do in one minute? Can you beat Mr Ffit?

26th

Write down all the things you are grateful for. How many can you list?

27th

Take a picture or draw your favourite thing that you have done in Ffit February.

28th

Can you join Mr Ffit to end this month's challenge?



Ffit February



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