

SPORTS & FITNESS: GET ACTIVE!

- Pick one month to focus on being active.
 - Go for at least a one mile walk once a week.
 - Choose one of the active outings below to participate in together.

Describe your walks together.

HOW FAR?

WHERE?

| | | |
|---------------|--|--|
| WEEK 1 | | |
| WEEK 2 | | |
| WEEK 3 | | |
| WEEK 4 | | |

Circle one and describe your outing together.

| | |
|--|--|
| ROCK CLIMBING BOWLING ROLLER SKATING HIKING | |
|--|--|

Finished on : _____



SERVICE: TWO SERVICE PROJECTS

- Plan and complete two service projects over the year.
 - One project will be with Activate Good - a non-profit that lists thousands of volunteer opportunities around the Triangle. www.activategood.org
 - One project will be with one of our official Trailblazers events.

Describe your project together.

| | |
|--------------------------|--|
| ACTIVATE GOOD | |
|--------------------------|--|

Circle one and describe your project together.

| | |
|---|--|
| TRIANGLE CLEAN UP CHRISTMAS STORE SPRING PARK CLEAN UP | |
|---|--|

Finished on : _____



LIFE SKILLS: LEARN TO COOK

- Plan three separate meals that you have never cooked before. Each meal should have a main dish and two side dishes.
 - Find a recipe, shop for the ingredients, prepare the dish and invite your family for the meal.

MAIN DISH

SIDE DISHES

| | | |
|---------------|--|--|
| MEAL 1 | | |
| MEAL 2 | | |
| MEAL 3 | | |

Finished on : _____



FOREST, FIELD, STREAM: GO FISHING

- Learn about the fish found in local waters of the Triangle.
- Using this knowledge, plan three fishing outings, each in a new location.
 - Identify the type of fish you caught.
- To learn more about fishing locally and to obtain a fishing license, check out this website, www.takemefishing.org

| | LOCATION | TYPE OF FISH |
|-----------------|----------|--------------|
| OUTING 1 | | |
| OUTING 2 | | |
| OUTING 3 | | |



Finished on : _____

GREAT SPIRIT: DEVOTIONAL

- Pick one month to focus on doing weekly devotions together.
 - Select a different story, bible verse or quote each week. Dad selects for two weeks, child(ren) selects for two weeks.
 - Reflect together on the meaning together of each weekly passage with the following questions:
 - Why did you select this passage?
 - How is this passage important to you?
 - How can this passage apply to your life?

DEVOTIONAL

TAKE AWAYS

| | DEVOTIONAL | TAKE AWAYS |
|--------|------------|------------|
| WEEK 1 | | |
| WEEK 2 | | |
| WEEK 3 | | |
| WEEK 4 | | |

Finished on : _____

