



Physical Activity Challenge

I, _____ of _____
(name) (address and phone number)

do hereby challenge _____
(name)

(address and phone number)

to a **PHYSICAL ACTIVITY CHALLENGE.**

I agree to _____
for _____

I will record my daily activities by _____

You agree to _____
for _____

You will record your daily activities by _____

We will communicate by _____ on _____

to check our progress toward our goals.

May The Physical Activity Challenge Begin!

(signature)

(witness' signature)

(date)

Activity #2
Active Living for a Lifetime
ACTIVE LIVING FOR A LIFETIME

