

Activate! Family Fitness Equipment Form

After completing the Home Equipment Inventory identifying physical activity equipment that is available in your home, consider adding one or more of the following types of fitness equipment to your list. Check the item/items below that are the most interesting to you. Set a personal/family goal to purchase the item/items. Incorporate the item/items into the Action Plan as a new way to increase Physical Activity. Enjoy!

_____ Membership at a Boys and Girls Club



_____ Fitness Tracker Toprime

Use with **Android or iOS 7 or better**



_____ Corn Hole Game



_____ SportsHoop Weighted Hula Hoop





Volleyball/Badminton Set



Exercise Ball



Small set of Hand Weights



Bicycle Helmet



Sport Scoop set of six



Family Fun Pack with Sports Balls, water balls & fun noodles



Family Fun Pack with sled, snowball maker and igloo block maker

