

Fit and Foodie Family Activity Planner

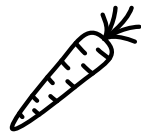
August 2020



FED BY ENTHUSIASM

SATURDAY

1st August
Squiggle Saturday



8th August
shelter Saturday



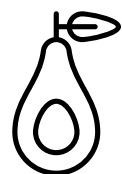
15th August
Scribble Saturday



22nd August
Shake it Saturday



29th August
Shopping Saturday



SUNDAY

2nd August
Stretch it Out
Sunday



9th August
Snack Attack
Sunday



16th August
Sleepy Sunday



23rd August
Smoothie Sunday



30th August
Survival Sunday



MONDAY

3rd August
Magic Monday



10th August
Move it Monday



17th August
Munch Monday



24th August
Movie Monday



31st August
Make it Monday



TUESDAY

4th August
Tasty Tuesday



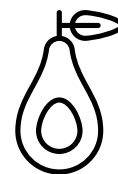
11th August
Turbo Tuesday



18th August
Try it Tuesday



25th August
Taco Tuesday

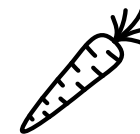


WEDNESDAY

5th August
Wildlife Wednesday



12th August
Wacky Wednesday



19th August
Workout
Wednesday



26th August
Water Wednesday



THURSDAY

6th August
Thirsty Thursday



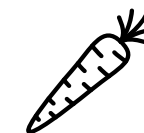
13th August
Thoughtful Thursday



20th August
Thankful Thursday



27th August
Theatre Thursday



FRIDAY

7th August
Funky Fruit Friday



14th August
Foodie Friday



21st August
Fruity Friday



28th August
Feel Good Friday



Colour in the fruit and vegetables
as you complete the tasks!