

GRAB A FRIEND

fun fitness date challenge



We all enjoy a reason to get out and have some fun whether it's an afternoon with friends, date night with your boo, or quality time with the whole family. Why not swap out the usual (dinner and a movie... drinks on the patio... board games and trivia...) and schedule a fitness date instead?! Active dates are a great way to bond with the important people in your life and reap the healthy benefits of fun physical activity.

Use the template below to build your own 7-day fitness date challenge. Choose one person to complete the challenge with or select activities you can do with different people over a 7-day period. Think outside the box and have a blast!

7-DAY FUN FITNESS DATE CHALLENGE

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

NEED IDEAS? WE'VE GOT SOME...

- ★ Go low-key: walk, bike, explore the market
- ★ Play in the yard: lawn darts, soccer, fly a kite
- ★ Try a class: spin, Zumba, HIIT
- ★ Hit the beach: volleyball, swim, frisbee
- ★ Try a trend: axe throwing, archery, fowling
- ★ Explore: hiking, geocaching, scavenger hunt
- ★ Support a cause: charity walk/run, tough mudder
- ★ Stay in: private dance party, build a fort
- ★ Be romantic: tandem biking, go dancing
- ★ Get competitive: laser tag, mini golf, bowling
- ★ Be adventurous: rock climbing, ropes course, trampoline
- ★ Get on the water: paddleboarding, canoeing, tubing
- ★ Embrace the cold: skating, sledding, snowshoeing
- ★ Be productive: garden, pick your own produce
- ★ Get sporty: tennis, driving range, batting cages
- ★ Be an animal-lover: walk the dog, goat yoga, horseback riding
- ★ Battle the kids: water balloons, nerf guns, snowballs
- ★ Get technical: online workouts, fitness video games, VR

Images by Freepik