



# Family Activity Challenge



The National Center on  
Addiction and Substance Abuse

## Family Day

*Be Involved. Stay Involved.®*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____ (1pt)	_____ (5pts)	_____ (3pts)	_____ (1pt)	_____ (1pt)	_____ (1pt)	_____ (1pt)
_____ (1pt)	_____ (5pts)	_____ (3pts)	_____ (1pt)	_____ (1pt)	_____ (1pt)	_____ (1pt)
_____ (1pt)	_____ (5pts)	_____ (3pts)	_____ (1pt)	_____ (1pt)	_____ (1pt)	_____ (1pt)
_____ (1pt)	_____ (5pts)	_____ (3pts)	_____ (1pt)	_____ (1pt)	_____ (1pt)	_____ (1pt)
_____ (1pt)	_____ (5pts)	_____ (3pts)	_____ (1pt)	_____ (1pt)	_____ (1pt)	_____ (1pt)
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____

*Instructions:*  
Write down the attendance of all who participated in the designated family activity for that day. Add up the points next to each name at the end of the week for a total score. Those who score the determined amount of points needed for the week's prize are the big winners!

*This Week's Prize:* \_\_\_\_\_  
*# Points Needed to Win:* \_\_\_\_\_

*Bonus:* If an extended family member attends the activity, everyone's score doubles that day!

*Activity Ideas:* Sports, arts and crafts, cooking, movies, baking, games, and much more!

*Tip:*  
Save your Family Activity Challenge sheets and add up the points at the end of the month for a monthly bonus prize!

**Celebrate *Family Day - Be Involved. Stay Involved.* September 26, 2016**

**TOTAL POINTS THIS WEEK:**

**Participant:** \_\_\_\_\_  
**Score:** \_\_\_\_\_

**Participant:** \_\_\_\_\_  
**Score:** \_\_\_\_\_

**Participant:** \_\_\_\_\_  
**Score:** \_\_\_\_\_

**Participant:** \_\_\_\_\_  
**Score:** \_\_\_\_\_

**Participant:** \_\_\_\_\_  
**Score:** \_\_\_\_\_