

THE DAILY FAMILY ADVENTURE

Exercise helps relieve stress, keep fit and socialise as a family. The Daily Family Adventure is for families who want to add some extra fun & games to their daily exercise time. It doesn't matter where you exercise; you can go on the same route each day, you simply use the miles you do, work together to accumulate those miles and see if you can get to your very own special destination, where ever that is in the world.

Families work together to accumulate miles and complete their checklist and travel tracker. Families can increase their distance by completing their daily adventure by travelling in different ways (table below) & by the items they see on their adventure (check list on next page).

<u>TRAVEL TYPE</u>	<u>DESCRIPTION</u>	<u>BONUS</u> (Total number of accumulative daily miles completed + checklist bonus + travel type bonus = FAMILY DAILY TOTAL)
	<p>This is the standard method of travel.</p> <p>Walking/jogging/running.</p>	<p>Any miles done like this receive +5 mile bonus to your overall daily distance, per person.</p>
	<p>If anyone fancies adding different ways to move into their daily journey, they will receive a bonus.</p> <p>Try; side stepping, jumping, hopping, skipping, moving backwards (carefully) etc.</p>	<p>Participants do not have to travel all the way like this, maybe from lamp post to lamp post, just small distances.</p> <p>Anyone travelling like this receives +10 mile bonus on their overall daily distance, per person.</p>
	<p>Cycling, scooting, pram pushing, skating and skateboarding are all fun and great ways to travel as long as you keep it safe and under supervision.</p> <p>(Make sure that your route is appropriate for this and is safe)</p>	<p>Anyone travelling in this way will get a +15 mile bonus on their overall daily distance, per person.</p>
	<p>Why not take a clean ball with you on your journey. Practice passing and receiving a tennis ball, bouncing a ball, dribbling a football or hockey ball with a stick.</p> <p>(Make sure that your route is appropriate for this and is safe)</p>	<p>Anyone adding this to their journey will receive a +20 mile bonus to their overall daily distance, per person.</p>



CHECK LIST

WHAT WILL YOU SEE ON YOUR ADVENTURE?

There are lots of interesting things to see your adventure. Tick off the items below when you see them and receive extra mileage. First one you see is the only one that counts, add it to your tracker sheet for that day's mileage.

ITEM	TICK	EXTRA MILES	ITEM	TICK	EXTRA MILES
		10			10
		5			15
		10			20
		15			20
		15			10
		20			20
		10			10
		20			10
		15			20
		40			30
		30			15
		30			15

COMPLETE THE SHEET AND RECEIVE 250 ADDITIONAL BONUS MILEAGE