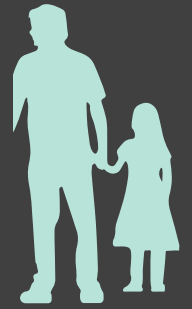


MID CORNWALL SPORTS NETWORK



ACTIVE FAMILY CHALLENGE



Mid Cornwall Sports Network are hosting a Virtual Family Activity Challenge.

Taking part in this fun challenge is a great way to keep your family active, moving and motivated over Lockdown #3. The main challenge is made up of

three separate challenges:

- 7 Days Challenge
- 14 Days Challenge
- 21 Days Challenge

As a family you can choose which challenge you would like to do alongside which certificate you would like to achieve, either Bronze, Silver or Gold. All challenges must be completed by Friday 19th February 2021.

Physical activity brings families together to enjoy shared time. Your active minutes can be anything you like, here are some suggestions:

- **SKIPPING**
- **DANCING**
- **ACTIVE PLAY**
- **SKATEBOARDING**
- **SCOOTING**
- **WALKING**
- **HOME ACTIVITIES**
- **CYCLING**
- **JOGGING**
- **WALKING THE DOG**

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7 DAY CHALLENGE

Certificate Award

Active Minutes Goal

Gold	=	210
Silver	=	315
Bronze	=	420

What's great about this challenge is all family members don't have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters.

When you and your family have completed a challenge(s) you need to record your results online [HERE](#).

This form will close at 21:00 on Friday 19th February.

Please do not complete the online form prior to completing the challenge.

On completing the challenge and submitting your results, an e-certificate to mark your achievement will be sent to the email address that you provided on the form.

Please ensure you are following the latest UK Government guidance on being active during the coronavirus outbreak.

Good luck and have fun!





MID-CORNWALL
SPORTS
NETWORK

14 DAY CHALLENGE

Certificate Award

Active Minutes Goal

Gold	=	420
Silver	=	640
Bronze	=	840

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Good luck and have fun!





21 DAY CHALLENGE

Certificate Award

Active Minutes Goal

Gold	=	630
Silver	=	915
Bronze	=	1260

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