

## CHORE CHAMPION



### LOOK + FIND

Can you find these three things? Sheet, telephone pole, bed



## NO-BORE FAMILY CHORES

Turn chores into games that kids want to play, Do a derby, a dash or a disco ... every day! There won't be any grumbles with a chore competition, Turn this into a fun family tradition.

### WHAT FUN GAMES COULD YOU INVENT FOR THESE CHORES ?



YARDWORK



MAKING THE BED



DUSTING



PICKING UP TOYS



WASHING WINDOWS

## NO-BORE CHORE GAMES

Turn these once boring chores into fun games that everyone wants to play. Set a timer or add a little friendly competition.



### LAUNDRY DERBY

Set a timer for one minute. Race to gather dirty laundry and toss it into a pile. Largest pile wins.



### TRASH DASH

Whose turn is it to take out the trash or recycling? Set a timer and make it a race.



### DISHIN' DISCO

Start some music and dance your way to done dishes and a clean kitchen. See how many songs it takes to finish the job.



### SOCK SLAM DUNK

Match and fold socks. Then shoot them into a basket. Who ever has the most socks in their basket when the socks are gone, wins!



## POWERUP MYSTERY CHORE JAR

Cut several strips of paper. Write a different chore on each piece of paper and a few wild strips. Put all the chores in a jar. Everyone draws a piece of paper until they are all gone to determine their chores.

Draw a wild strip? You can change out one of your chores with any chore you want.

## POWERUP CHORE CHAMPION CHART

PowerUp your chores with a chore chart! Track your chores and pick a reward that gets you eating better and moving more. Find the PowerUp Chore Champion Chart at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).

