

30-Day Family Wellness Challenge Kit (Preview)

Daily challenges scaled for both kids and adults, on the same day.

Week 1: Movement

Daily movement challenges scaled by age - a family walk, a backyard game, a dance break - everyone participates at their own level.

Get the Full Kit

Get the full version with all rows, formulas, and bonuses at daveways.com

Disclaimer

This product is educational and organizational material only. It is not financial, legal, medical, tax, or professional advice. Review decisions with a qualified professional where needed.