

**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 ?**



**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).

