FIT CARD
SPECIAL OCCASION
Mom Knows Best!

Best Use
As a mealtime discussion activity celebrating mom's love

Nutritional Value
A fun way to show how much mom knows about the personality, likes and dislikes of each family member

Advance Preparation
- Before the meal ask Mom to secretly complete the questionnaire about herself and every other member of the family. Seal her answers in a top-secret envelope to reveal at the end of the meal.

Serve It Up
- At the start of the meal give each person a copy of the preference choices to guess how Mom answered.
- During the meal have each person share how he/she would answer each question for themselves.
- Ask Mom to reveal her answers for each person to reveal how well she knows each person in the family.
- Then ask Mom to reveal her own answers so everyone else can score how well they know her.
- Award the grand prize to the highest scoring child: An all-expense paid trip to ice-cream (or cookies) with Mom!

Who Knows Who Best?

Guess the other person's preference for each set of options.

I Like…

□ Chocolate	or	□ Vanilla
□ Board Game	or	□ Card Game
□ Morning	or	□ Evening
□ Cats	or	□ Dogs
□ Movie Out	or	□ Movie In
□ Lake	or	□ Pool
□ Popcorn	or	□ Candy
□ Spring	or	□ Fall
□ Juice	or	□ Milk
□ Ice Cream	or	□ Cookies
□ Pizza	or	□ Burger

I Would Rather…

□ Read a book	or	□ Watch a movie
□ Live in the past	or	□ Live in the future
□ Go camping	or	□ Stay at a hotel
□ Be able to fly	or	□ Turn invisible
□ Meet Moses	or	□ Meet Paul
□ Cook together	or	□ Eat out together

Tally everyone's score to find out who knows who best!