



Fitness Challenge



Go for a walk

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10



Do yoga

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10



Ride bike

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10



Jumping jacks

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10



Run obstacle course

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10



Fitness Bingo



Ride bike



Go for a run



Play tennis



Do yoga



Play basketball



Go Swimming



Play soccer



Dance



Go for a walk



Box



Up and down
_ times



Go hiking

FREE



Go roller skating



Do karate



Do gymnastics



Go ice skating



Run obstacle course



Jump on trampoline



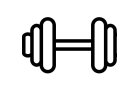
Do jumping jacks



Play football



Play tag



Lift weights












Jump rope



Mow the lawn



Healthy Snack Ideas

-  Yogurt with fresh fruit
-  Healthy granola bar
-  Veggie sticks with ranch dressing
-  Fruit and nuts
-  Ants on a log
-  Hard boiled egg and a piece of fruit
-  Cheese and crackers
-  Fruit and a piece of cheese
-  Guacamole and tortilla chips



Scavenger Hunt

-  Squirrel
-  Playground
-  Baby
-  Person Running
-  Stop Sign
-  Tall building