

EXERCISE SCAVENGER HUNT

SKIP TO FIND A GREEN OBJECT.

DO 10 JUMPING JACKS

BEAR CRAWL TO FIND SOMETHING ROUND.

DO 5 SQUAT JUMPS

**GALLOP TO FIND AN OBJECT
BIGGER THAN YOUR HEAD.**

DO 5 PUSH UPS

**JOG TO FIND SOMETHING SMALLER
THAN A PENNY.**

DO 10 SECOND PLANK

WALK TO FIND A SOFT OBJECT.

DO 8 SKATER JUMPS

**ARMY CRAWL TO FIND AN OBJECT YOU CAN
WRITE WITH.**

DO A 10 SECOND STRETCH OF YOUR CHOICE