

name: _____ date: _____

Directions: You can select whichever activity choices to complete throughout the week. The amount of points at the week should add up to ten points. The activities must be done correctly in order to receive the points. You cannot choose the same activity two days in a row.

| Points | Choice A | Choice B | Choice C |
|--------------|---|--|--|
| One Point | FUN DANCE <u>Follow the Leader</u> | Activity <u>Catch the "apple" game-</u> <u>* you'll need 2 balls</u> | Workout video for teens <u>7 minute workout</u> |
| Two Points | Go for a walk - maybe the trails in Flandrau? | Join the Google Meet on Wednesday at 1:15pm | <u>10 min Morning Yoga Full Body Stretch</u> |
| Three Points | <u>Would you Rather Favorites?</u> <u>Cartoon and Movie Characters</u> | JUST DANCE <u>Timber</u> | Help your family rake leaves & then jump in a pile |