

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	LINE DANCE Macarena	Activity Throwing & Catching Challenges	Workout video for teens 10 minute teen workout
TWO POINTS	Activity Yoga Freeze Dance Outdoor Game	JUST DANCE Who Let the Dogs out	15 Minute Beginner Flexibility Routine!
THREE POINTS	"Would you rather" - workout video	Soccer Skills * Passing & trapping - soccer skills	10 different Animal Walk exercises