

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    | Go for a 20 minute walk.   | Lawn bowling or Bocce Ball<br><a href="#">How to play Bocce Ball</a>                                      | Play Simon Says with an adult.<br><a href="#">Simon says ideas</a>          |
| TWO POINTS   | Design and complete your own obstacle course.<br><a href="#">Obstacle Course Ideas</a> | JUST DANCE<br><a href="#">What Makes You Beautiful</a>  | Tic Tac Toe Fitness<br><a href="#">Tic Tac Toe Fitness</a>                  |
| THREE POINTS | Play FitnessLand with an adult/family member<br><a href="#">Fitness Land</a>           | Yoga - 20 minute session<br>Here is a video if you want to follow along.<br><a href="#">Beginner yoga</a> | See how many things you can find.<br><a href="#">Outdoor Scavenger Hunt</a> |