

Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the house.
	Do 50 jumping jacks.
	Do 30 second handstand – use the wall.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk to another room and back.
	Jog on the spot and sing “Happy Birthday twice”.
	Pretend to jump rope for 1 minute.
	Do 5 wall push-up on each wall in the room.
	Do any dance move for 30 seconds. Record it!
	Complete 20 Burpees. *Chest to ground!
	Ninja roll 5 times.

Directions

1. Complete these tasks alone or do missions together as a family.
2. Complete the missions in any order.
3. When you are done with the missions, scream “Mission Accomplished!”
4. Record any or all challenges! Send them my way when you are done.