

Fit Quest- Leap Into Action Challenge



Color each box in the **Physical Activity Grid** according to how you completed it:

- If a family member completed it with you, color the box **green**
- If a friend completed it with you, color the box **orange**
- If you completed it by yourself, color the box **yellow**

Make a playlist of 5 songs. Walk while listening to them.	Do 5 crunches today. Add on 5 crunches each day for 5 days.	Run the vacuum cleaner in 2 rooms.	Create an obstacle course. Invite a friend or family member to complete it.
Jump rope to your favorite song today. Add on one song each day for 5 days.	Create a race course using sidewalk chalk or anything you have around your house. Race!	Do 3 push-ups today. Add on 3 push-ups each day for 7 days.	Go on a 10 minute jog.
Create a game that involves balancing, running, and planking.	Go on a 20 minute walk.	Create a game that involves climbing, spinning, and jump roping.	Create a ninja obstacle and practice using it.
Do 3 burpees every time you go down the stairs at your house for 1 day.	Create a game that involves a basket, stick, and ball.	Plank while watching a favorite funny video.	Look around the house for five things that need to be put away. Put them away.
Make a list of your 5 favorite dance songs. Dance to 1 per day.	Do 15 jumping jacks during commercial breaks when watching tv.	Do an online workout once a day for 3 days.	Get a friend or family member to go on a 15 minute walk with you.