Fitness Scavenger Hunt

1. GRAB YOUR FAMILY
2. HEAD OUTDOORS
3. FIND THE OBJECTS
4. DO THE DRILL (15-30 SEC)

Find:
- SQUIRREL
- ROCK
- TREE
- BUG
- BIRD
- STICK
- FLOWER
- LEAF
- ACORN
- WORM
- PINE CONE
- GRASS
- FINISH

Do:
- Gallop
- High Knees
- 10 Arm Circles backwards
- 10 Jumping Jacks
- Hop Forward
- Crazy Dancing
- 10 Arm Circles forwards
- Skip
- Play a game of Tag
- Plank
- Run
- Hop backwards
- Group Highfive