

<p style="text-align: center;">B</p> <p style="text-align: center;">Be ready for an adventure</p>	<p style="text-align: center;">I</p> <p style="text-align: center;">Indoor activities</p>	<p style="text-align: center;">N</p> <p style="text-align: center;">Need for Speed</p>	<p style="text-align: center;">G</p> <p style="text-align: center;">Getting off the couch</p>	<p style="text-align: center;">O</p> <p style="text-align: center;">Outdoor Activities</p>
<p>How many stairs are in your house?</p> <p>_____</p>	<p>Balance on 1 foot longer than your family members.</p> <p>_____</p>	<p>How fast can you skip from room to room.</p> <p>_____</p>	<p>Have a family plank contest.</p> <p>_____</p>	<p>See how far you can jump in 5 tries.</p> <p>_____</p>
<p>Take a nature hike in your yard.</p> <p>_____</p>	<p>Do a jumping jack for every letter of the alphabet.</p> <p>_____</p>	<p>How fast can you run a lap around your house?</p> <p>_____</p>	<p>Teach your family your favorite tag game.</p> <p>_____</p>	<p>Hop from your car to your house.</p> <p>_____</p>
<p>How many steps does it take to walk around your house?</p> <p>_____</p>	<p>Jump in and out of a room in your house while counting to 10</p> <p>_____</p>	<p>FREE SPACE</p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Run 1 lap around your house for every letter in your name.</p> <p>_____</p>
<p>Move through your house like your favorite animal.</p> <p>_____</p>	<p>Jog in place for 30 seconds in every room of your house.</p> <p>_____</p>	<p>Have a race to find the fastest person in your family.</p> <p>_____</p>	<p>Dance to your favorite song.</p> <p>_____</p>	<p>Do 3 different animal laps around your house.</p> <p>_____</p>
<p>Walk to get the mail for 3 days.</p> <p>_____</p>	<p>Toss a ball to yourself and catch it 20 times.</p> <p>_____</p>	<p>How fast can you clean up your toys?</p> <p>_____</p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Kick a ball around your house.</p> <p>_____</p>