



Fitness Challenge



Go for a walk

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1 2 3 4 5 6 7 8 9 10



Do yoga

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1 2 3 4 5 6 7 8 9 10



Ride bike

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1 2 3 4 5 6 7 8 9 10



Jumping jacks

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1 2 3 4 5 6 7 8 9 10



Run obstacle course

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1 2 3 4 5 6 7 8 9 10

Want to make some changes?

It's easy to edit this list at TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

