



Fitness Challenge



Go for a walk

1	2	3	4	5	6	7	8	9	10



Do yoga

1	2	3	4	5	6	7	8	9	10



Ride bike

1	2	3	4	5	6	7	8	9	10



Jumping jacks

1	2	3	4	5	6	7	8	9	10



Run obstacle course

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!

