

**B**Be ready for an adventure  
\_\_\_\_\_How many stairs are in your house?  
\_\_\_\_\_Take a nature hike in your yard.  
\_\_\_\_\_How many steps does it take to walk around your house?  
\_\_\_\_\_Move through your house like your favorite animal.  
\_\_\_\_\_Walk to get the mail for 3 days.  
\_\_\_\_\_**I**Indoor activities  
\_\_\_\_\_Balance on 1 foot longer than your family members.  
\_\_\_\_\_Do a jumping jack for every letter of the alphabet.  
\_\_\_\_\_Jump in and out of a room in your house while counting to 10  
\_\_\_\_\_Jog in place for 30 seconds in every room of your house.  
\_\_\_\_\_Toss a ball to yourself and catch it 20 times.  
\_\_\_\_\_**N**Need for Speed  
\_\_\_\_\_How fast can you skip from room to room.  
\_\_\_\_\_How fast can you run a lap around your house?  
\_\_\_\_\_**FREE SPACE**Have a race to find the fastest person in your family.  
\_\_\_\_\_How fast can you clean up your toys?  
\_\_\_\_\_**G**Getting off the couch  
\_\_\_\_\_Have a family plank contest.  
\_\_\_\_\_Teach your family your favorite tag game.  
\_\_\_\_\_Do jumping jacks for 3 different commercials.  
\_\_\_\_\_Dance to your favorite song.  
\_\_\_\_\_Do jumping jacks for 3 different commercials.  
\_\_\_\_\_**O**Outdoor Activities  
\_\_\_\_\_See how far you can jump in 5 tries.  
\_\_\_\_\_Hop from your car to your house.  
\_\_\_\_\_Run 1 lap around your house for every letter in your name.  
\_\_\_\_\_Do 3 different animal laps around your house.  
\_\_\_\_\_Kick a ball around your house.  
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