

# GET OUT AND PLAY

Outdoor activity circuit and reward tracker [www.theysmell.com](http://www.theysmell.com)

1. do 6 cartwheels
2. roll across the grass on your side 10 times
3. take 15 giant steps forward
4. run to the nearest building (or built object) & back 3 times
5. hop on one foot 8 times - repeat with other foot
6. spin around with your arms outstretched 10 times
7. hop like a frog 7 times
8. take 15 giant steps backwards
9. walk like a crab to the nearest building (or built object) & back
10. jump up and down 14 times
11. walk like a bear to the nearest building (or built object) & back
12. take 15 giant steps sideways - repeat other side



If I do this circuit every day for a week I receive: \_\_\_\_\_

For each extra circuit I do I will receive: \_\_\_\_\_

week of: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHECK IF DAILY CIRCUIT COMPLETED							
NUMBER OF EXTRA CIRCUITS COMPLETED							

