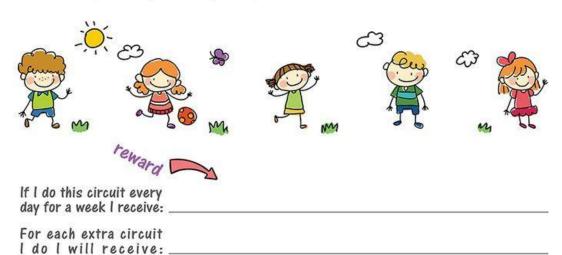
OUT AND P

Outdoor activity circuit and reward 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



	200	5007.40
WOO	b	nf.

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

