

# WEEKLY FITNESS CHALLENGE

THINK OUTSIDE OF THE BOX - GET CREATIVE - BE ACTIVE - STAY ACTIVE

## CHALLENGE 1

CREATE A MINI GOLF PUTT-PUTT COURSE IN YOUR HOME. CHALLENGE SOMEONE TO PLAY AGAINST YOU.

## CHALLENGE 2

CREATE A UNIQUE AND CHALLENGING OBSTACLE COURSE. CHALLENGE SOMEONE TO BEAT YOUR BEST COURSE TIME.

## CHALLENGE 3

FILL A WATER BOTTLE UP 1/3 FULL. CREATE DIFFERENT LANDING AREAS FOR BOTTLE FLIPPING AND CHALLENGE SOMEONE TO BEAT YOUR BEST SCORE IN 2 MINUTES.

## CHALLENGE 4

CREATE YOUR OWN UNIQUE TAG ACTIVITY. CHALLENGE A FAMILY MEMBER TO PLAY WITH YOU.

THINK OUTSIDE OF THE BOX. USE YOUR IMAGINATION AND FIND NEW AND CREATIVE WAYS TO BE PHYSICALLY ACTIVE WHILE AT HOME. PLEASE SHARE YOUR CREATIONS WITH OTHERS SO THEY CAN USE THEM TOO!

## CHALLENGE 5

CREATE A NEW DANCE AND CHALLENGE SOMEONE ELECTRONICALLY TO DO IT WITH YOU.

