


**C LUE 1**

Let's get out the wiggles
And have some fun!
Do TWENTY jumping jacks,
then show us your GUNS!


**C LUE 6**

You're not tired enough
that I can see.
Draw Hopscotch outside
jump through it counting
to thirty three!


**C LUE 2**

Now take a lap around the block
or just up the street.
Whatever distance your parents say
and a goal time to beat!


**C LUE 7**

Now get on a bike
or your pick of riding toy,
10 minutes of playtime
No complaining, only joy!


**CLUE 3**

Whew...you might be winded
So let's take a small break.
Get out the crayons and paper
and draw a pretty home on a lake!


**C LUE 8**

Okay another lap
while we are outside.
Wear a smile and get moving
and don't try to hide!


**CLUE 4**

Clean up the colors
Let's get moving once more.
Do a 1 minute chair sit
against the back door


**C LUE 9**

Let's go in for some water
Hydrate, you must.
Then plop on the floor
30 sit ups or bust!


**CLUE 5**

Now that our legs are on fire
let's move to the ground.
Get in 20 full push ups
Those arm muscles
will be found!


**C LUE 10**

Stand up and do some toe touches
Stretch your arms and
do leg bends
You have earned a reward
A prize for getting to the end!

