

Stars Scavenger Hunt

Indoor Edition

On this scavenger hunt, move through your house and perform an exercise for each item (see the list below). How many of each exercise will you do? Bring a pencil and this paper to check off as you complete the items!

Go to every room in your house kitchen, bedroom, family room, dining room.	10 jumping jacks in each room.	<input type="checkbox"/>
Go to every room in your house that has a TV.	3 burpees in each room.	<input type="checkbox"/>
No time to rest, count your beds.	4 sit-ups for each bed.	<input type="checkbox"/>
Find a stuffed animal.	Toss and catch your stuffy 20 times.	<input type="checkbox"/>
Pick your favorite room.	30 second wall sit in that room.	<input type="checkbox"/>
Do you have any pets?	Run in place for 30 seconds for each pet.	<input type="checkbox"/>
Climb up and down your stairs.	2 times	<input type="checkbox"/>
Laundry time.	Throw 10 socks to your laundry basket.	<input type="checkbox"/>
Count your windows.	1 mountain climbers for each window.	<input type="checkbox"/>
How many doors in your home?	5 frog jumps for each door.	<input type="checkbox"/>
Time to clean.	Pick up 5 items off the floor and put them away.	<input type="checkbox"/>
High five each family member.	Say something nice to them.	<input type="checkbox"/>

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Outdoor Edition

Go on a walk around your neighborhood with a family member. When you find one of these objects, perform the exercise (see the list below). How many activities will you do? Bring a pencil and this paper to check off as you complete the items!

Stop sign.	10 jumping jacks.	<input type="checkbox"/>
Blue car.	3 burpees.	<input type="checkbox"/>
Someone riding a bike.	4 sit-ups in a safe, grassy spot.	<input type="checkbox"/>
Basketball net.	Shoot your imaginary ball.	<input type="checkbox"/>
Bird.	Flap your wings and say "I am a bird"	<input type="checkbox"/>
Fire hydrant.	30 second plank.	<input type="checkbox"/>
Mailbox.	Run around it 2 times.	<input type="checkbox"/>
The number 3.	Wall sit/chair pose for 30 seconds.	<input type="checkbox"/>
Ball.	7 mountain climbers.	<input type="checkbox"/>
Dog.	10 high knees.	<input type="checkbox"/>
Tree.	Tree Pose 30 seconds.	<input type="checkbox"/>
Flower.	5 frog jumps.	<input type="checkbox"/>
Open garage door.	10 star jumps.	<input type="checkbox"/>
Someone walking	Smile!	<input type="checkbox"/>