

WEEK 1: ACTIVE SCAVENGER HUNT

Your first weekly challenge is an Active Scavenger Hunt Challenge! There are three different themes - an outside hunt, an inside hunt, and a color and shape hunt. Try the different themes in different places throughout the week, and log your progress as you go.

SCAVENGER HUNT #1: INSIDE THEME

- Find something red and square = 7 squats
- Find the word 'apple' written on/in something = 10 jumping jacks
- Find something that is out of place = bear crawl over to where it should go, put it back, and then crab walk back to your original location
- Find something circular = do 10 arm circles one way, and then reverse and do 10 the other way
- Find three objects that start with the letter 'R' = do three sets of 10 Russian twists
- Open any book to page 7. Find the 10th word on the page. Count how many letters are in the word, and do that number of burpees
- Find something with a picture of a bird on it = mountain climber for 15 seconds
- Find something that's sticky - wall sit for 15 seconds
- Find something shiny - 5 star jumps
- Find something that makes you happy = Dance for 15 seconds
- Find something with more than 5 colors on it = 7 frog leaps
- Find something with words on it that's NOT a book = high kicks - 7 on each leg
- Find something that starts with the letter of your first name = count the number of letters in the object, hop on each foot for that many seconds
- Find something that's not a rectangle, triangle, or square = balance on each leg for without holding onto anything for 15 seconds
- Find something with wheels = sit down on the ground and stand back up 5 times
- Find something that floats = do 3 sets of 10 crunches
- Find 6 different pairs of shoes = do 10 bicep curls holding a shoe in each hand
- Find something that is cold when you touch it (without being in the fridge) = 7 inch-worms
- Find something with sparkles on it = 15 sit-ups
- Find two different things you can fold = 15 curtsy lunges
- Find something that makes noise = bunny hop 10 seconds
- Find something with zigzags on it = 15 skater hops

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SCAVENGER HUNT # 2: OUTSIDE THEME

- Find three caterpillars: *inch-worm exercise 5 times*
- Find a cluster of mushrooms: *running high knees for 15 seconds*
- Set a timer for 2 minutes and look for birds. For each bird you see, do 3 jumping jacks
- Find a flower. How many pedals? *Do that many push-ups*
- Find a bug. *Try to move like that bug for 15 seconds*
- Find something flat and brown = *20 crunches*
- Find something that sinks in the water = *hop and move your arms like you're jump-roping for 20 seconds*
- Find something with more than 4 wheels = *crab walk over to the nearest tree or bush and back*
- Find 10 of the same item = *leap like a frog 5 times*
- Find a flag = *7 star jumps*
- Find an animal you've never seen before = *7 forward walking lunges*
- Find something the sun reflects off = *running high knees for 20 seconds*
- Find a green leaf, a brown leaf, and a red leaf = *running butt kicks for 15 seconds*
- Find something built by an animal = *get in a squat position and walk sideways 5 steps, then walk back the way you came 5 steps*
- Find objects that if you take the first letter of each, it spells your first name = *do 4 burpees*
- Find something longer/taller than you = *plank for 15 seconds*
- Find a bug on a leaf = *15 donkey kicks each leg*
- Find water in a leaf, puddle, etc = *50 bunny hops*
- Find a rotten piece of wood = *sprint 5 seconds, rest 5 seconds, sprint 5 seconds*
- Find some ants = *two sets of five jump squats*
- Spot two different squirrels = *skip in a big circle 15 seconds*
- Every time you spot a plane in the sky - *run in place 15 seconds*
- Find a tree that's taller than your house - *10 jump squats*

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SCAVENGER HUNT # 3: COLORS AND SHAPES THEME

- Look for a red car = 10 jumping jacks each time you see one
- Find something that lights up (any color) = do a 20 second plank
- Find something painted orange = bear crawl for 10 seconds
- Find a yellow leaf = jog 30 seconds, sprint 20 seconds
- Find a green article of clothing = running high knees 15 seconds
- Find four different blue things, each one a different shade of blue = crab walk for 15 seconds
- Find 5 purple items = each time you find one, do 5 push-ups
- Find something Silver = do a hamstring stretch for 15 seconds on each side
- Find something tan that's man-made = wall sit for 15 seconds
- Find 6 black things = do two burpees each time you find one
- Find a plant with striped leaves = do walking knee-pulls for 10 seconds
- Find a picture of a brown animal = do 15 leg raises on each leg
- Find something with 4 or more colors on it = do reeeeeeally big arm circles, 7 forward and 7 backward
- Find something red and circular = do 30 crunches
- Find something flat and orange = do a 15 second plank
- Find three triangular things = do three sets of 5 'v' ups
- Stop for 20 seconds and count how many brown things you see around you = do that number of jumping jacks
- Find something diamond shaped = 15 donkey kicks each leg
- Find a blue mailbox - hop on each leg 20 hops
- Find three red things that are three different sizes = 5 jump squats each for each item you find
- Set a 1 minute timer. Count everything yellow or orange = do that number of forward lunges
- Find something in nature that's a rectangle - run in place 20 seconds
- Find something completely white - do 25 sit ups