

FIT CLUB ACTIVITY

Nature Scavenger Hunt

We're heading outside for this activity. See how many of these natural items you can find by exploring the great outdoors. Each time you find an item, do 10 jumps of your choice (jumping jacks, squat jumps, tuck jumps, frog jumps, jumping rope, etc.) Be sure to find one item that's not on the list and draw that in the blank space.

