

**Run to the  
nearest tree**

**Skip for  
20 seconds**

**Take 10 giant  
steps forward**

**Jog 1 lap**

**Do 20 star jumps**

**Take 20 baby  
steps forward**

**You choose!**

**You choose!**

**Jog Leaders choice!**

**Jog Leaders choice!**

**Walk for 1 min**

**Walk for 30 seconds**