![C:\Users\Derek\AppData\Local\Microsoft\Windows\INetCache\IE\3NRI2NO6\250px-Mario_and_Luigi_high-five_-_Super_Mario_Sticker[1].gif]() ![C:\Users\Derek\AppData\Local\Microsoft\Windows\INetCache\IE\398A3SBK\Ash_BW[1].png]() ![C:\Users\Derek\AppData\Local\Microsoft\Windows\INetCache\IE\ORUFQCHY\Disney-Princesses-Transparent[1].png]()

SUPERKID WORKOUT

**Complete each activity, have a grown up check you off “I DID IT” and tally up your points!!!**

|  |  |  |  |
| --- | --- | --- | --- |
| ACTIVITY | WHAT DO I DO? | POINTS | I DID IT!!!!  |
| **Incredible Edibles** | Eat some fruit for snack | 50 |  |
| **Chore of the Day** | Pick up your laundry | 50 |  |
| **Exercise of the Day** | 100 Push UpsDo not have to do them all at once!!!! | 100 |  |
| **Brainbuster** | Read for 20 minutes | 100 |  |
| **Log On!!****Video activity time** | K-2: <https://www.youtube.com/watch?v=t6PmB6tMBOc>3-5:<https://www.youtube.com/watch?v=SdLyPaB8P10> | 150 |  |
| **Game Time** | **Play a board game with sibling or parent** | 100 |  |
| **I’m a Superkid** | Sing a song to an adult | 50 |  |

TOTAL: