  

SUPERKID WORKOUT

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

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| 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 Ups  Do 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: