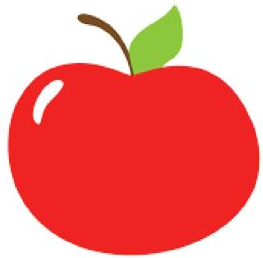


Make sure you have personal space. There will be two things in each category. Choose one and do the exercise attached to it. If you would not choose either item (ex. apple or banana,) pick the exercise you want to do.

This or That?

15 jumping
jacks

Apple



or



Jog in place
30 seconds

Banana

10 Squat
Jumps

Summer



or



15 calf
raises

Winter

15 side to
side jumps

Reading



or



10 Tuck
jumps

Math

10 push
ups

Waffle



or



15 sit ups

Pancakes