

## First to 100 - Fitness Challenge

For this game, you will need **one dice per person**. You can play this as a competition against another family member or complete this on your own. If you are competing against someone, you need one dice each.

	Bronze	Silver	Gold	Platinum
1	10 Jumping jacks	15 Jumping jacks	20 Jumping jacks	30 Jumping jacks
2	10 Squats	15 Squats	20 Squats	30 Squats
3	10 Push ups	15 Push ups	20 Push ups	30 Push ups
4	10 Sit ups	15 Sit ups	20 Sit ups	30 Sit ups
5	10 Mountain Climbers	15 Mountain Climbers	20 Mountain Climbers	30 Mountain Climbers
6	10 Leg raises	15 Leg raises	20 Leg raises	30 Leg raises

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

### Instructions:

1. Choose a challenge level (above - ranging from bronze to platinum)
2. Roll the dice and complete the exercise that correlates with the number you rolled (exercises below). For example, if you chose the silver challenge level and roll a 1 then you need to complete 15 jumping jacks. Check the images above if you're unsure of what the exercise is.
3. Once you complete that exercise, cross off the amount of numbers you rolled on the number grid (to the left), so if on your first roll, you roll a 4, you would cross off the numbers 1, 2, 3 and 4. If on your second go you roll a 2, you would then cross off the numbers 6 and 7.

**Repeat the above steps until you reach 100. First to get to 100 wins the game!**

**On your marks, get set, GO!**



1.



2.



3.



4.



5.



6.



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THROUGH HIGH QUALITY PE & SPORT"*