

TIC TAC TOE FITNESS

Complete activities to get 3 in a row.

Drink a glass of water.	Complete 25 Push-ups.	Play a game of catch.
Dribble a ball 100 times.	Do a 10 minute walk/run.	Do a 1 minute plank.
Do 50 Jumping Jacks.	Eat a fruit or vegetable.	Do 25 Body Squats.