

LIFETIME FITNESS

Fitness Categories

Official Game Card

Name: _____

You have 30 seconds to write 1 word per category that starts with the challenge letter given to you by the activity leader.

The challenge letter is: _____

Category	Your Answer
A physical activity / exercise...	_____
A fruit or vegetable...	_____
A healthy snack...	_____
A famous person...	_____
A famous place...	_____
Title of a book...	_____

Score Board

Give yourself 5 points for each correct answer.

Subtract your score from 30.

The difference is the number of jumping jacks that you add to the group total.
The group total is the number of jumping jacks everyone in your group will perform.

30

5 points per correct answer: — _____

Add to group total: