

## SIDEWALK CHALK

# FITNESS CHALLENGE

Ready to upgrade a traditional hop-scotch game and try a whole new course? Just grab some chalk and find a safe, clear sidewalk to mark your starting point. Now place a pencil in the center of this sheet and give it a spin! Wherever the pencil points to when it stops is the first challenge in your game. Use chalk to write the challenge on the sidewalk. Now move to another clear space on your sidewalk and spin again. Spin 6-8 times until you are happy with your Sidewalk Chalk Fitness Challenge! Have Fun.

