



Mission #1 Run around the swing set 3 times, then run around any tree 3 times.



Mission#2 Find a leaf and a rock, and trace their shapes on the back of this paper.



Mission #3 Do 20 jumping jacks. Then do 20 squat jumps and make a sound like a frog. Ribit!



Mission #4 Skip two laps while singing your favorite song. Sing loud and proud!



Mission #5 Jog two laps and give words of encouragement to each other.



Mission #6 Jump rope for 25 jumps - without messing up!



Mission #7 Jump up and down 10 times, then run to a slide and go down it yelling "Girls on the Run is so much fun!"



Mission #8 Find something blue. Write what it is and the location on the back of this paper.



Mission #9 Get a coach to draw a picture of her favorite animal on the back of this paper.



Mission #10 Find a coach and "Go Bananas" with her!