



Find a coach and tell her two qualities you look for in a friend.



Jog two laps around the orange cones. Make sure to grab a lap counter after each lap from a coach!



Find a ORANGE PAPER and write down what it says.



Skip two laps around the orange cones. Be sure to get your lap counter from a coach after each lap!



Find a RED PAPER and write down what it says.



Do 25 jumping jacks.



Jog one last lap while singing one of your favorite songs. Sing it loud and proud!