


1. Print this on heavy paper or card stock
2. Cut out on the dotted line
3. Create the fold on each gray line
4. Use a glue stick to glue your die or you may use tape if needed!
5. Tell your friends about us and add us on Facebook, Twitter and Instagram!

<p>Push Ups</p> <p>OR</p>	<p>Bunny Hops</p>	<p>Body Squats</p> <p>OR</p> <p>High Kicks</p>	<p>Arm Dips (chair)</p> <p>OR</p> <p>Bicycles</p>
<p>Wild (You Pick)</p>  <p>Wild (You Pick)</p>			

### FIDGET FITNESS FAMILY

Designate one person as the timer and one to roll the die. Whoever rolls the die, picks the action the family will do. Start your fidget spinner and get fit! *Remember to be positive and encourage each other as you play.*



<p>Glue Here</p>	<p>Jumping Jacks</p> <p>or</p> <p>Crab Crawl</p>	<p>Glue Here</p>
<p>Glue Here</p>	<p>Mountain Climbers</p> <p>or</p> <p>Planks</p>	<p>Glue Here</p>

### FIDGET FITNESS SOLITAIRE

Roll the die. Use a table to start your fidget spinner and get to work. See how many rolls you can do before you wear out!

Glue Here

