

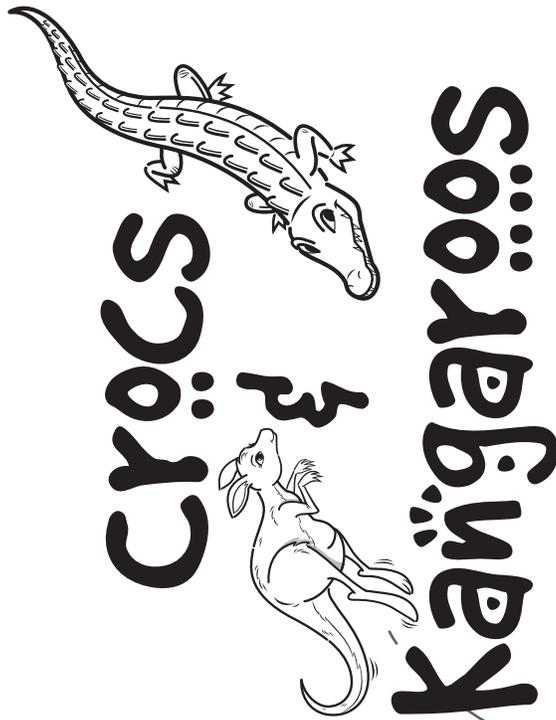
A FITNESS GAME

I praise you, for I am fearfully
and wonderfully made.
Psalm 139:14 ESV



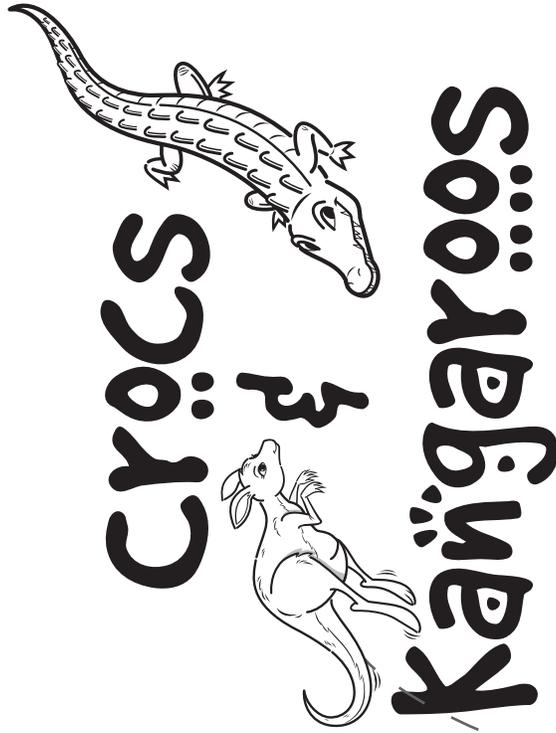
A FITNESS GAME

I praise you, for I am fearfully
and wonderfully made.
Psalm 139:14 ESV



A FITNESS GAME

I will praise thee; for I am
fearfully and wonderfully made.
Psalm 139:14



A FITNESS GAME

I will praise thee; for I am
fearfully and wonderfully made.
Psalm 139:14

Game Directions

1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

Game Directions

1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

Game Directions

1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

Game Directions

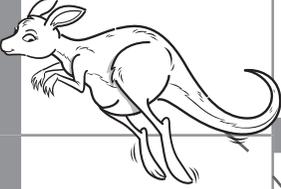
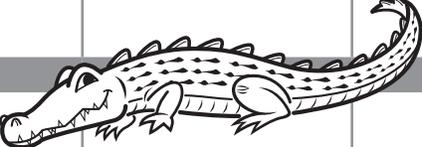
1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

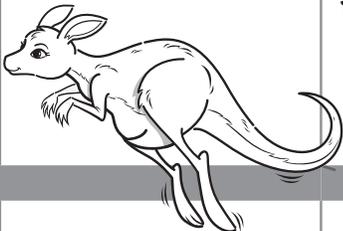
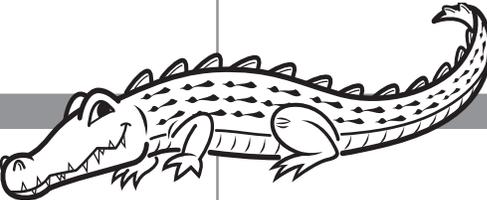
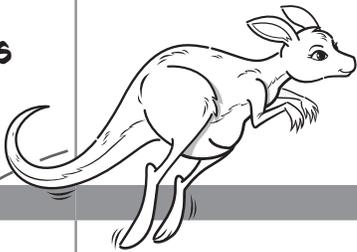
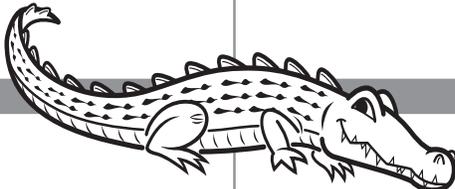
Game Directions

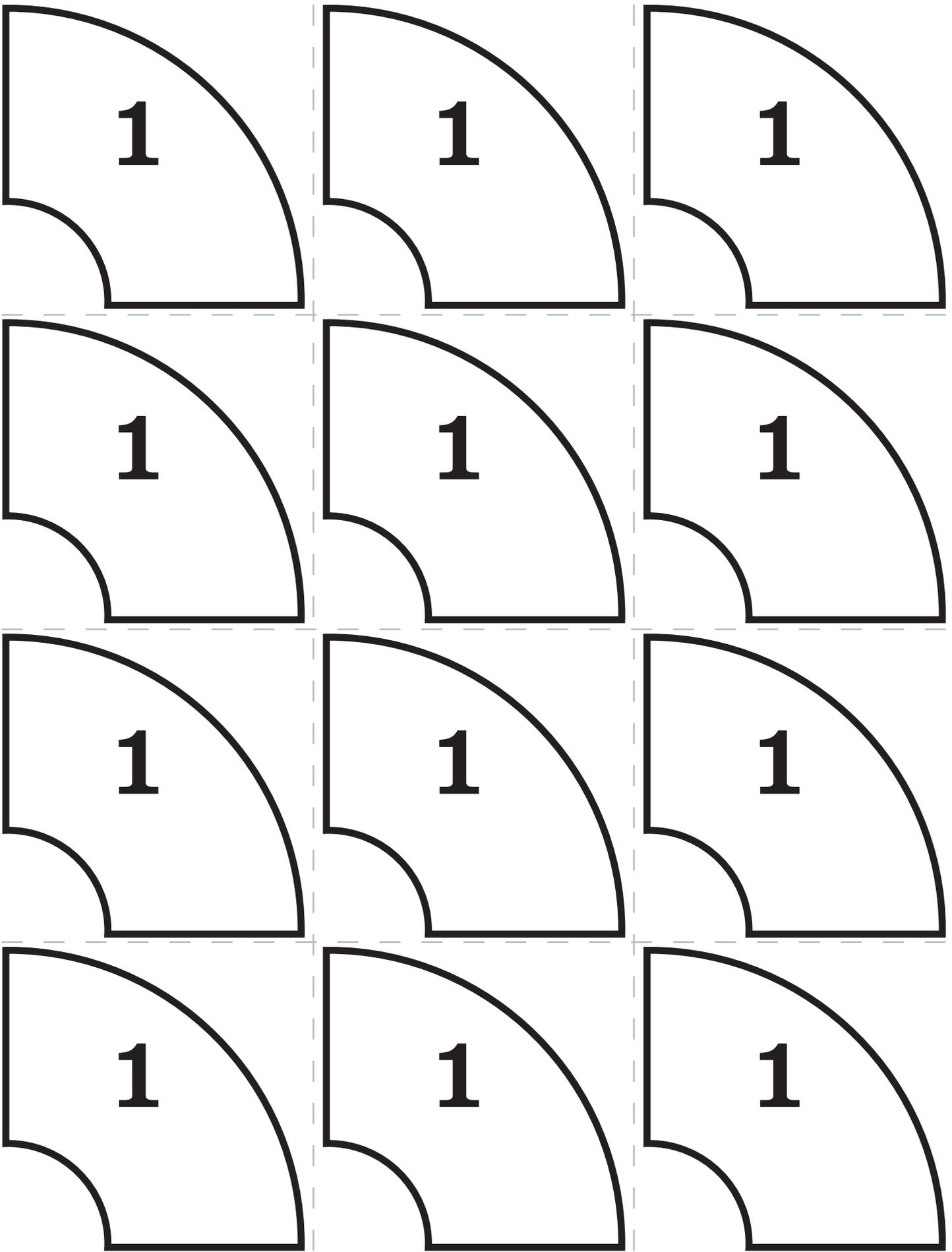
1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

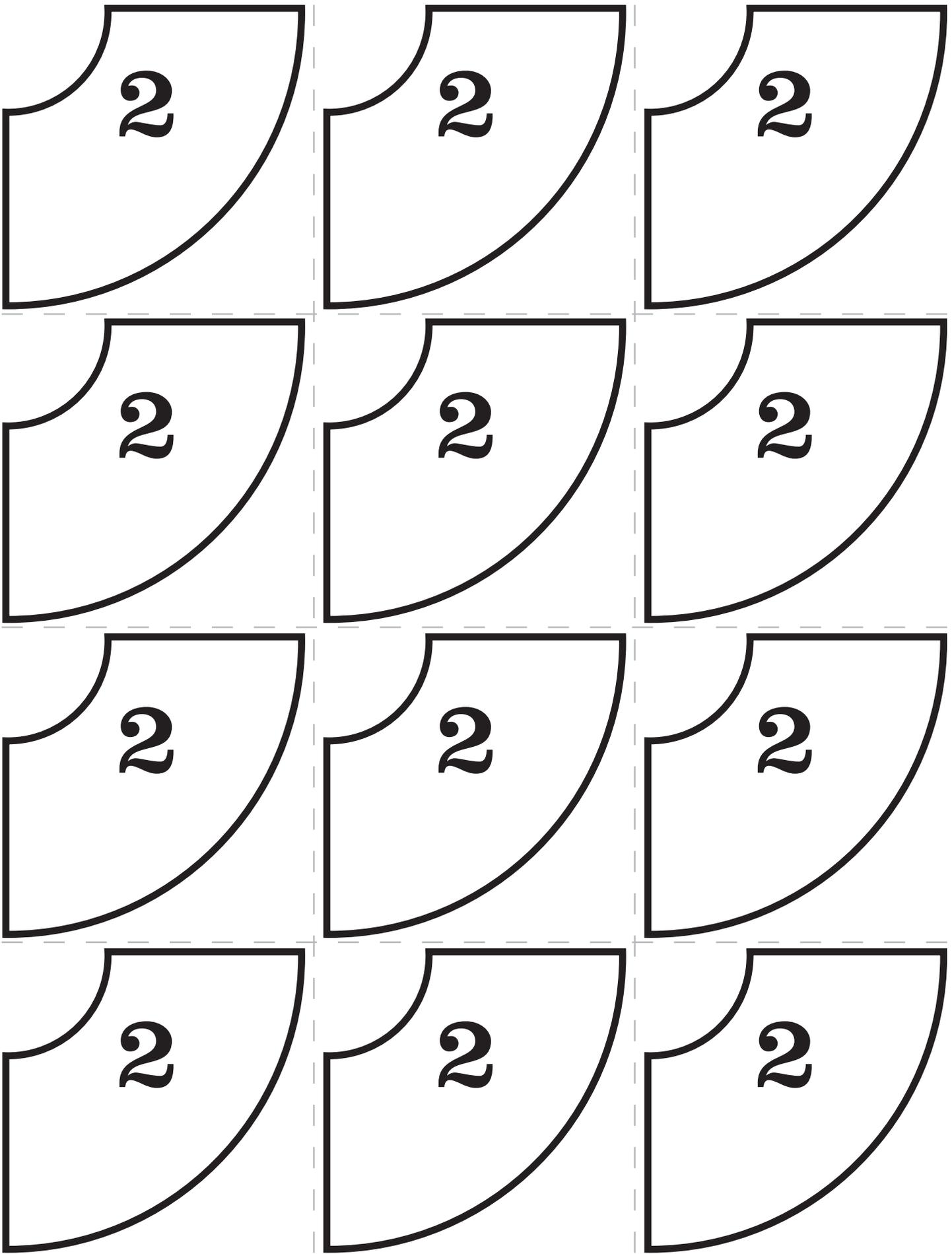
Game Directions

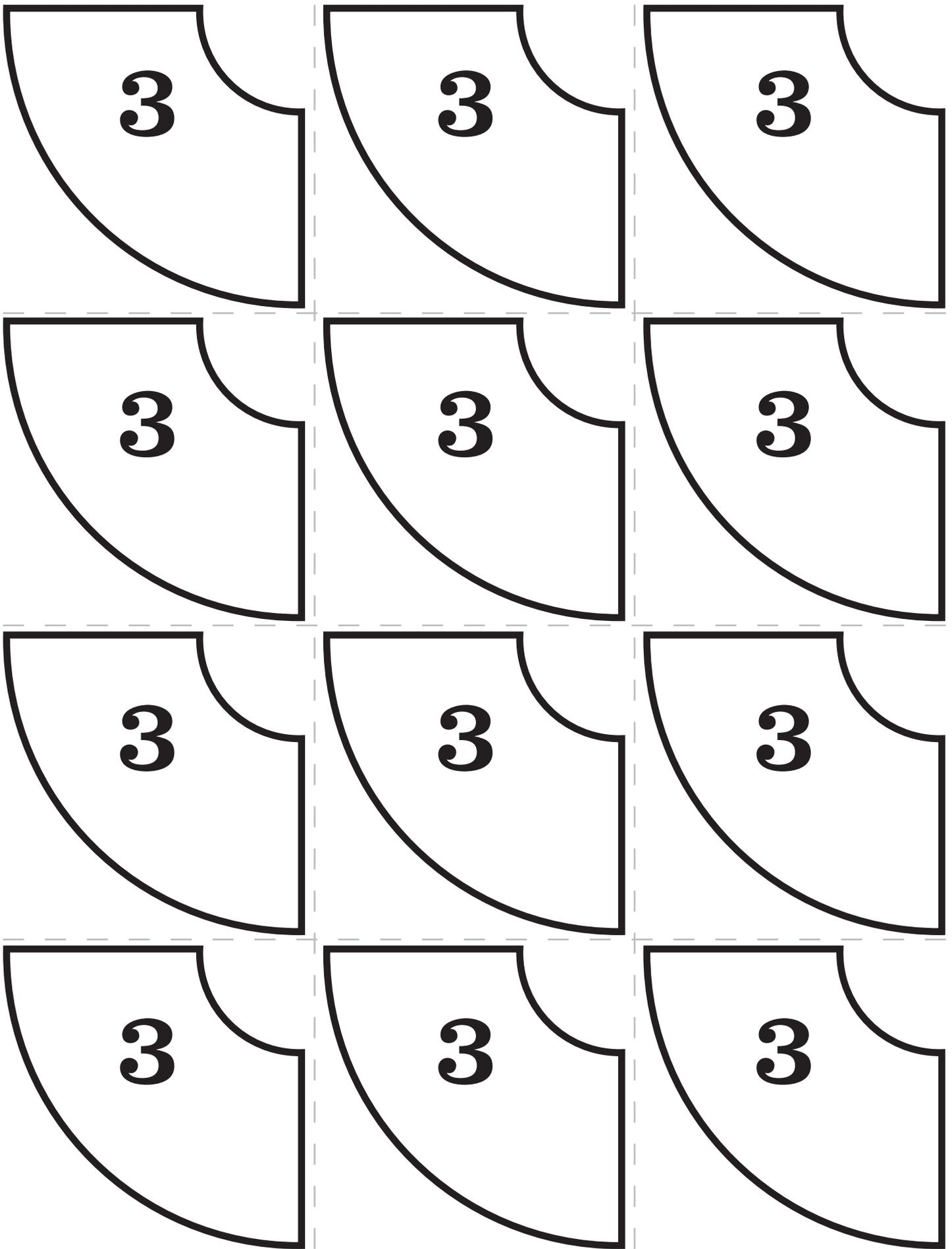
1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

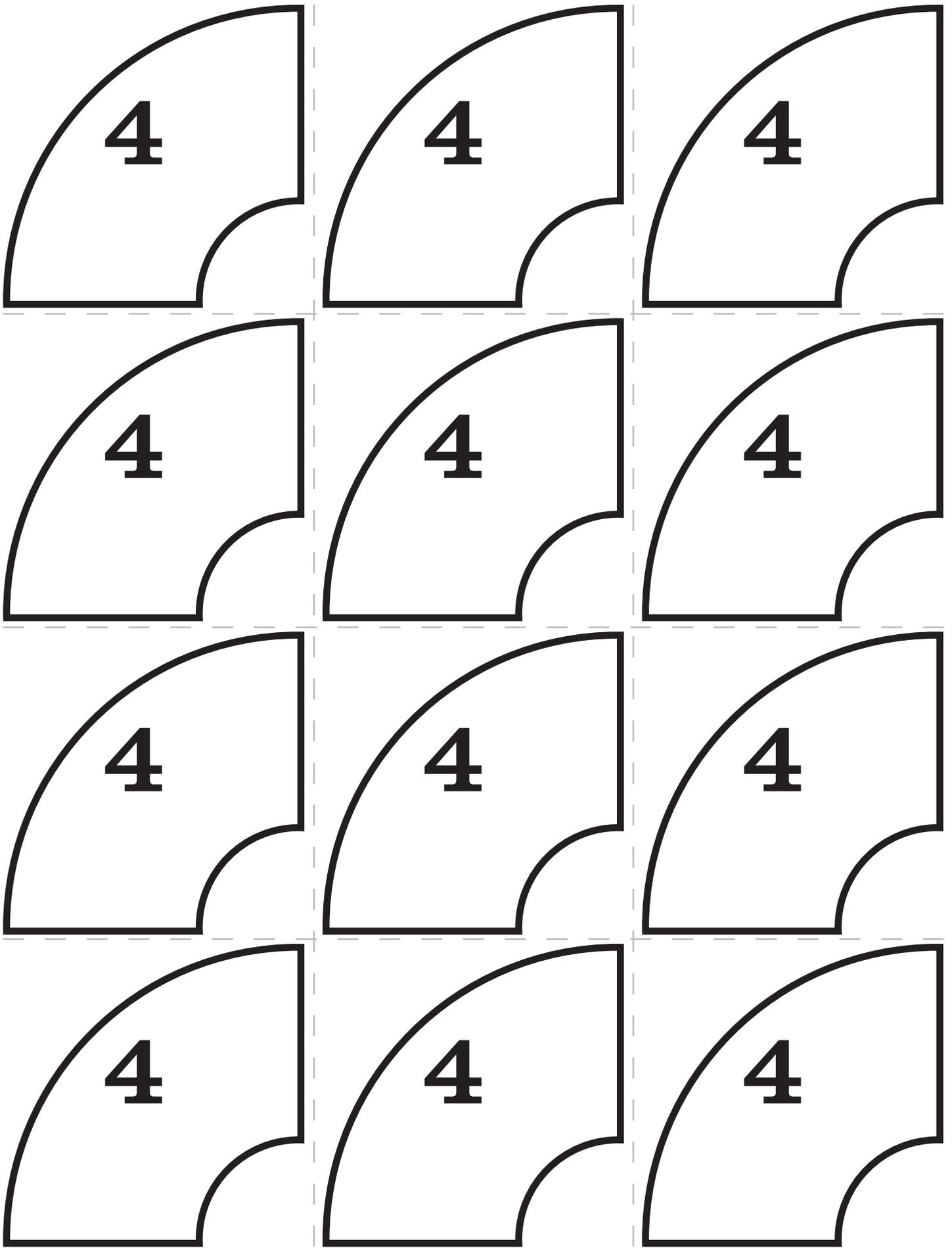
<p>Do 3 somersaults</p> 	<p>Jump like a kangaroo 15 seconds</p>	<p>Do 20 knee raises</p>	<p>Do 10 jumping jacks</p>	<p>FINISH</p>
<p>Run in place 20 seconds</p>	<p>Do 20 crocodile chomps</p>	<p>Silly dance 10 seconds</p>	<p>Spin around 5 times</p>	<p>Crab walk 15 seconds</p>
<p>Do 10 squats</p>	<p>Do 3 cartwheels</p>	<p>Balance on left foot 15 seconds</p>	<p>Do 7 frog hops</p>	<p>Do 10 toe touches</p> 
<p>Do 5 push-ups</p>	<p>Do 15 arm circles</p> 	<p>Plank 20 seconds</p>	<p>Do 10 jumping jacks</p>	<p>Do 20 knee raises</p>
<p>Do 20 crocodile chomps</p>	<p>Run in place 20 seconds</p>	<p>Balance on right foot 15 seconds</p>	<p>Do 3 somersaults</p>	<p>Jump like a kangaroo 15 seconds</p>
<p>Spin around 5 times</p>	<p>Crab walk 15 seconds</p>	<p>Do 20 air punches</p>	<p>Do 10 toe touches</p>	<p>Do 7 frog hops</p> 
<p>START</p>	<p>Do 15 arm circles</p>	<p>Do 5 push-ups</p>	<p>Do 10 squats</p> 	<p>Do 3 cartwheels</p>

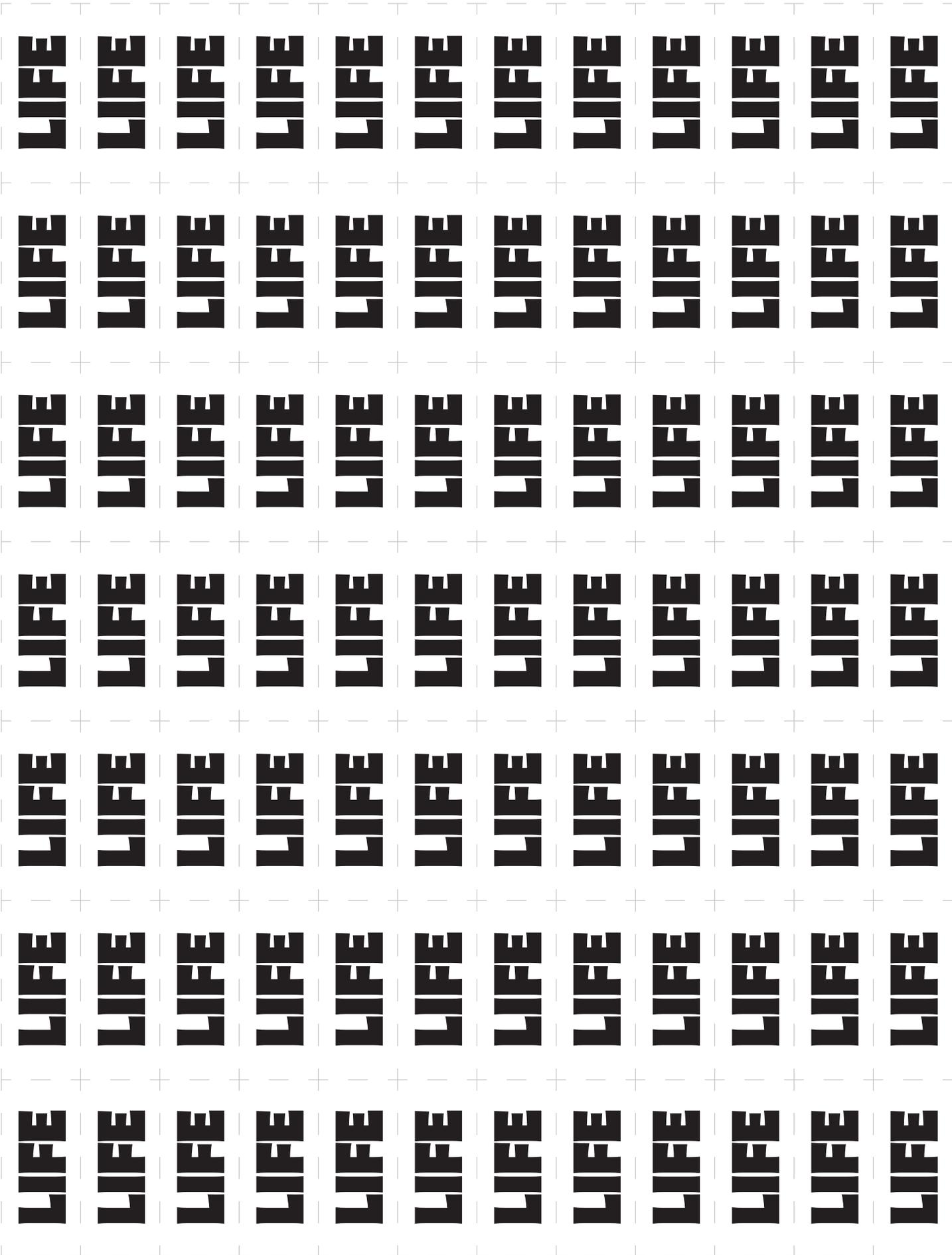
<p>Squat down and jump high 3 times</p>	<p>Do a crab walk for 10 seconds</p>	<p>Do 10 elbow to knee touches</p>	<p>FINISH</p>
<p>Flap your arms like a bird for 10 seconds</p> 	 <p>With hands on hips, twist left and right for 10 seconds</p>	<p>Hop on 1 foot for 10 seconds</p>	<p>March in a circle for 10 seconds</p>
<p>Do a silly dance for 10 seconds</p>	<p>Stand on one foot for 10 seconds</p>	<p>Do 10 jumping jacks</p>	<p>Do 10 air punches</p> 
<p>Skip for 10 seconds</p>	<p>Do 7 crocodile chomps with your arms</p> 	<p>Do 5 toe touches</p>	<p>Do 5 frog hops</p>
<p>START</p>	<p>Jump like a kangaroo</p>	<p>Do 10 arm circles</p>	<p>Spin around 4 times</p>

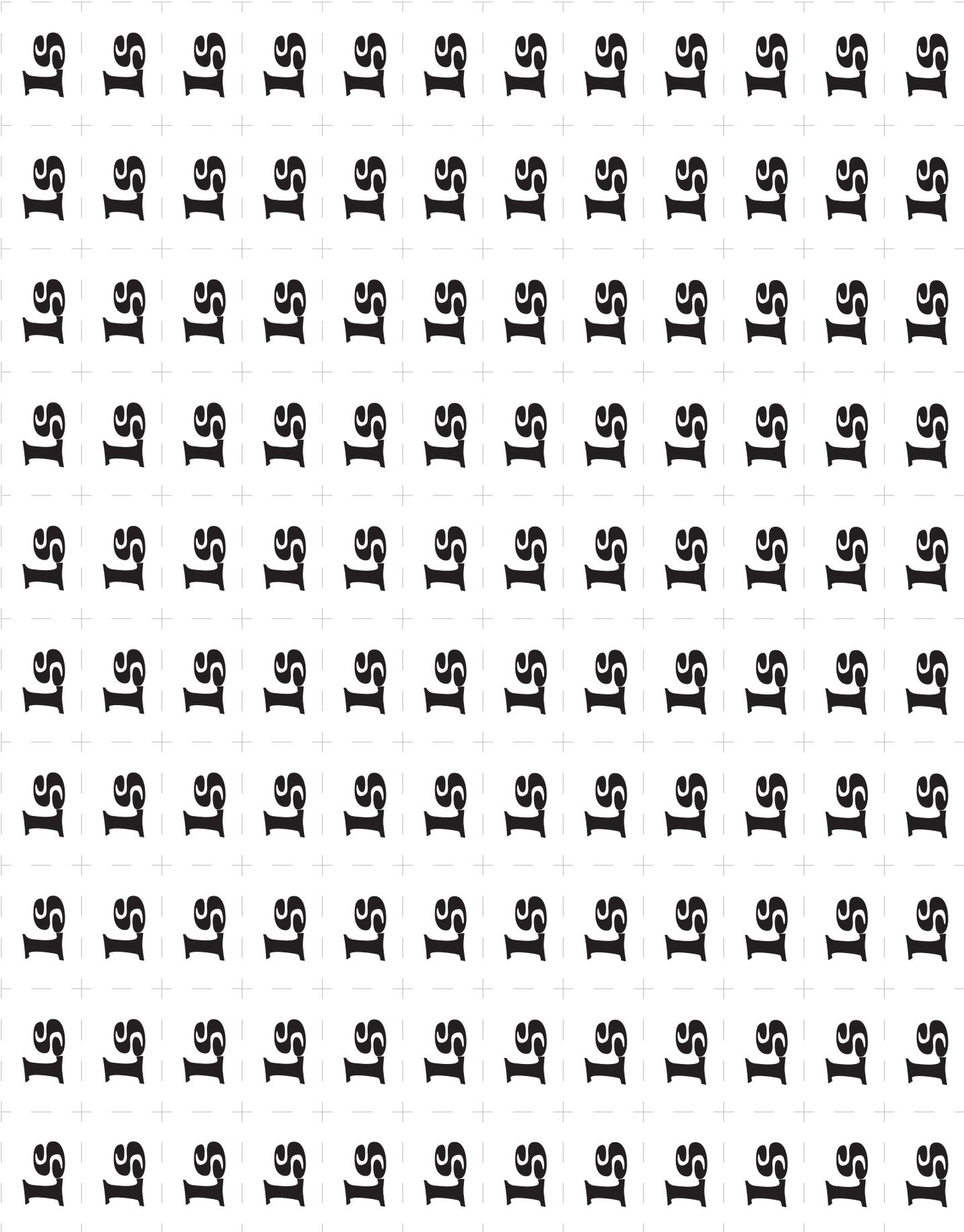






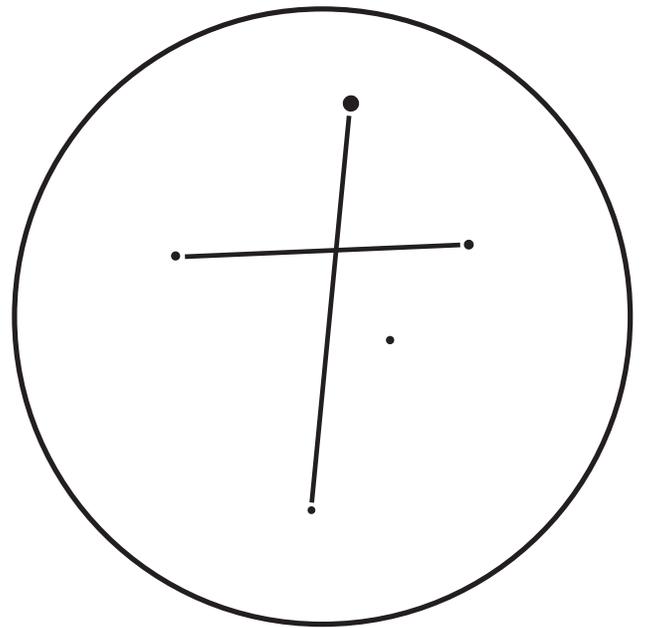
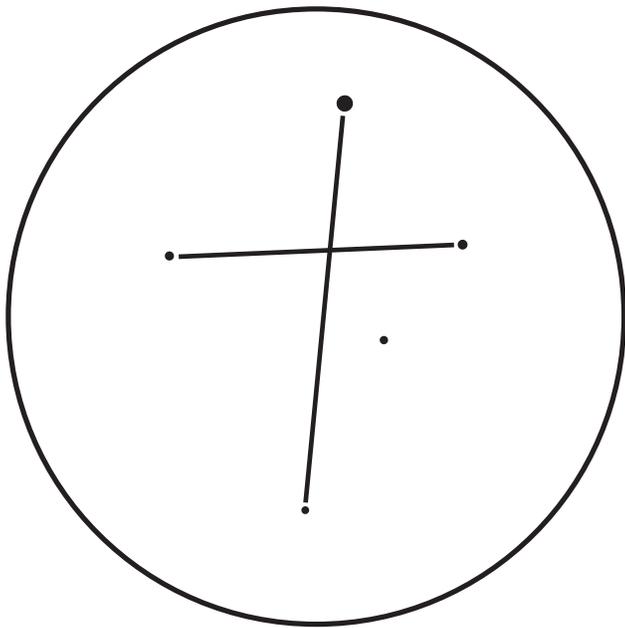
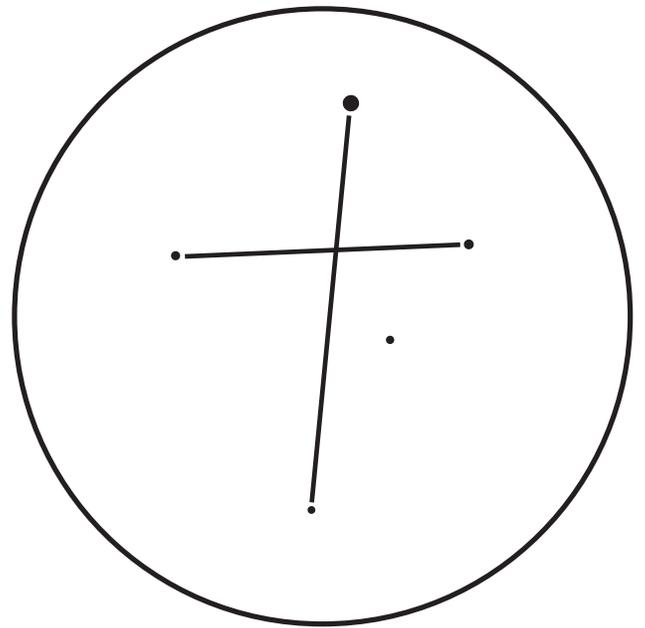
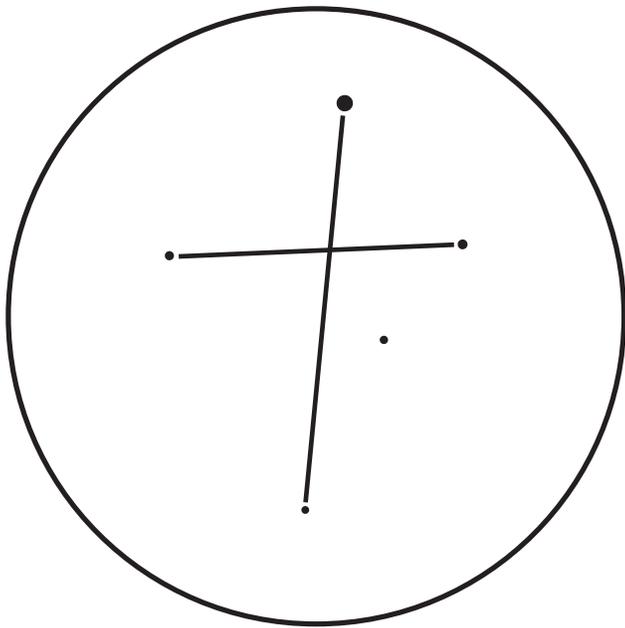
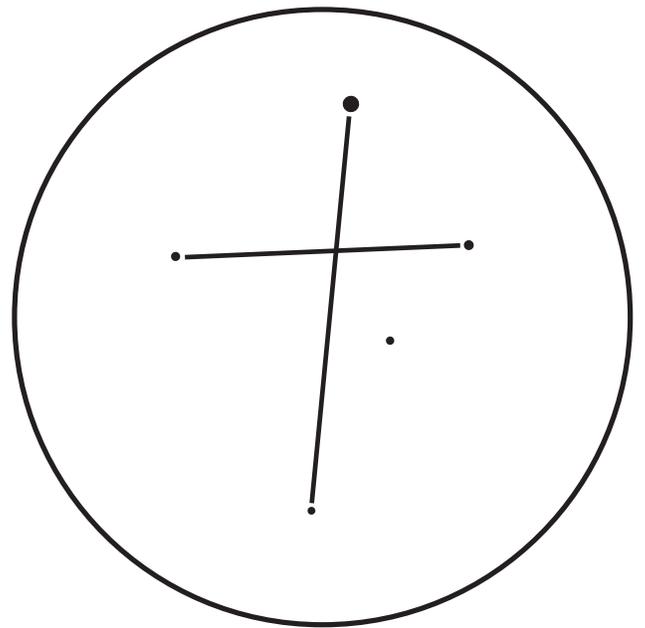
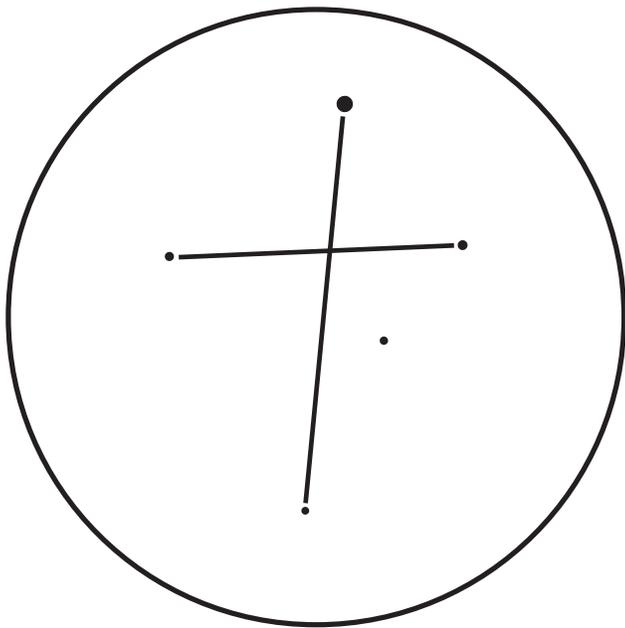


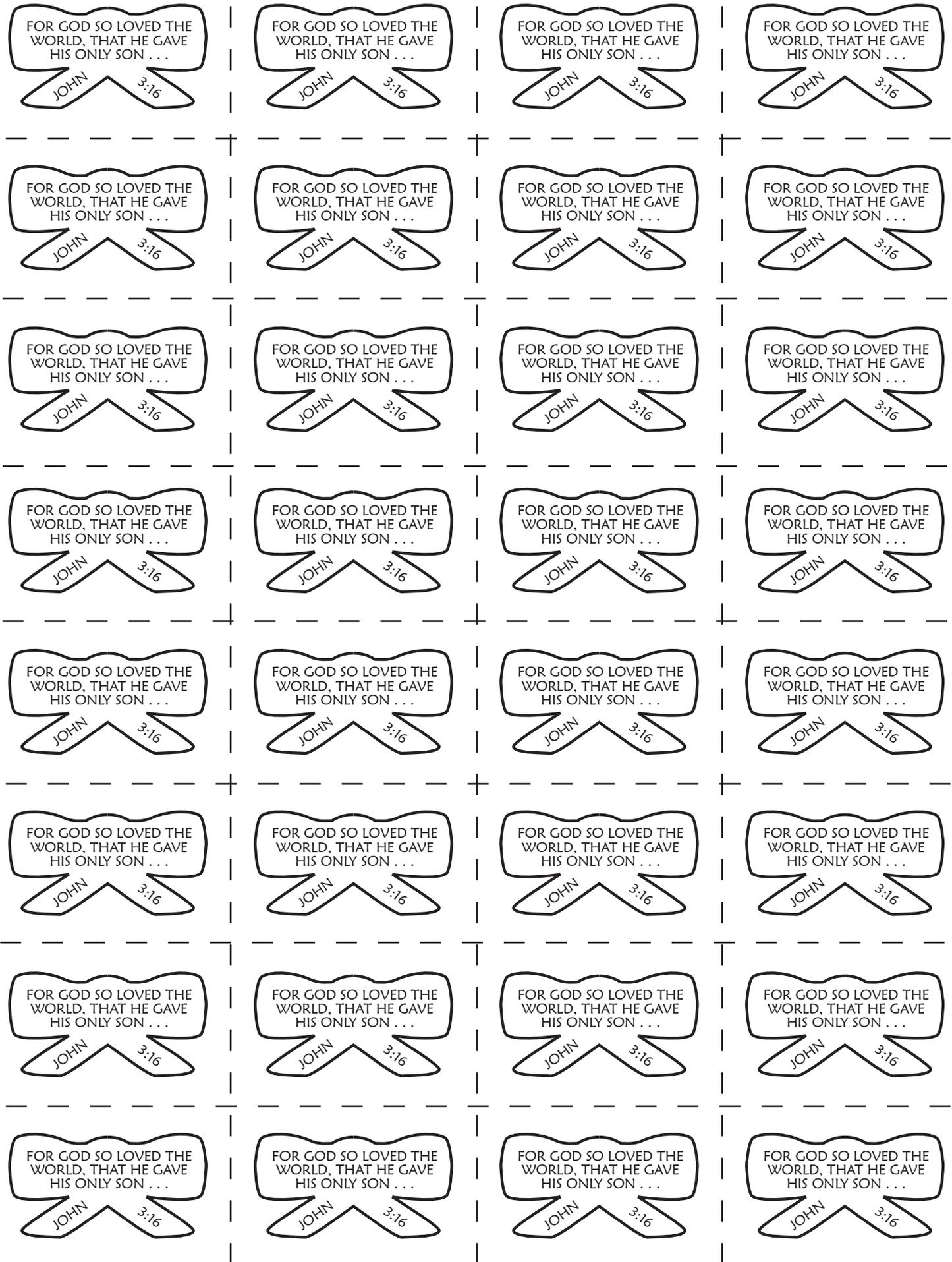


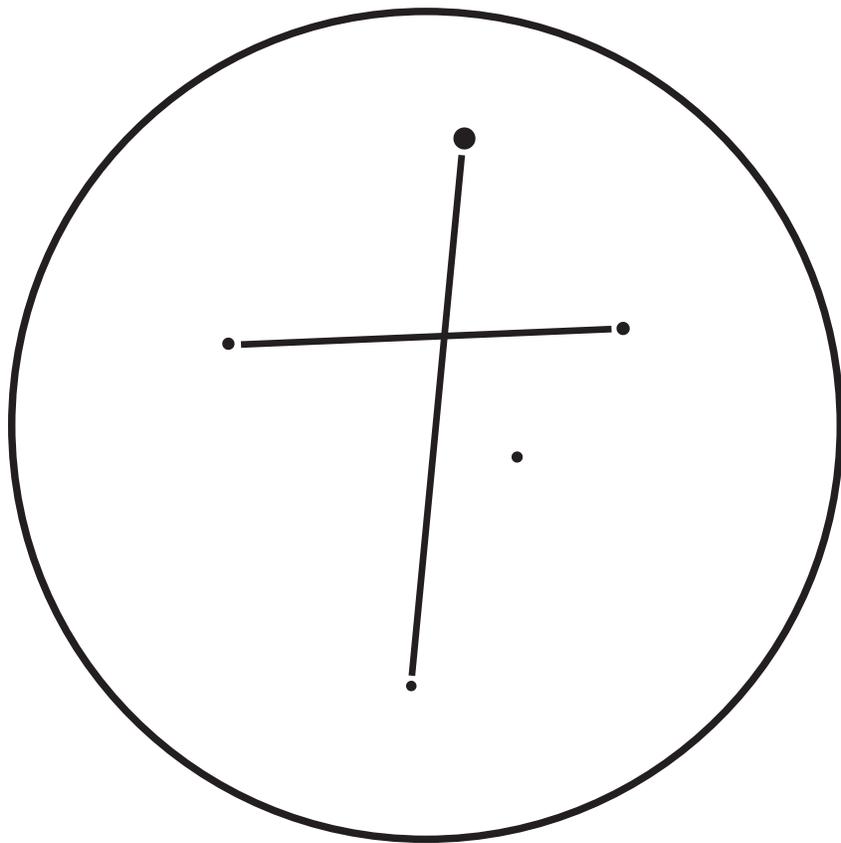
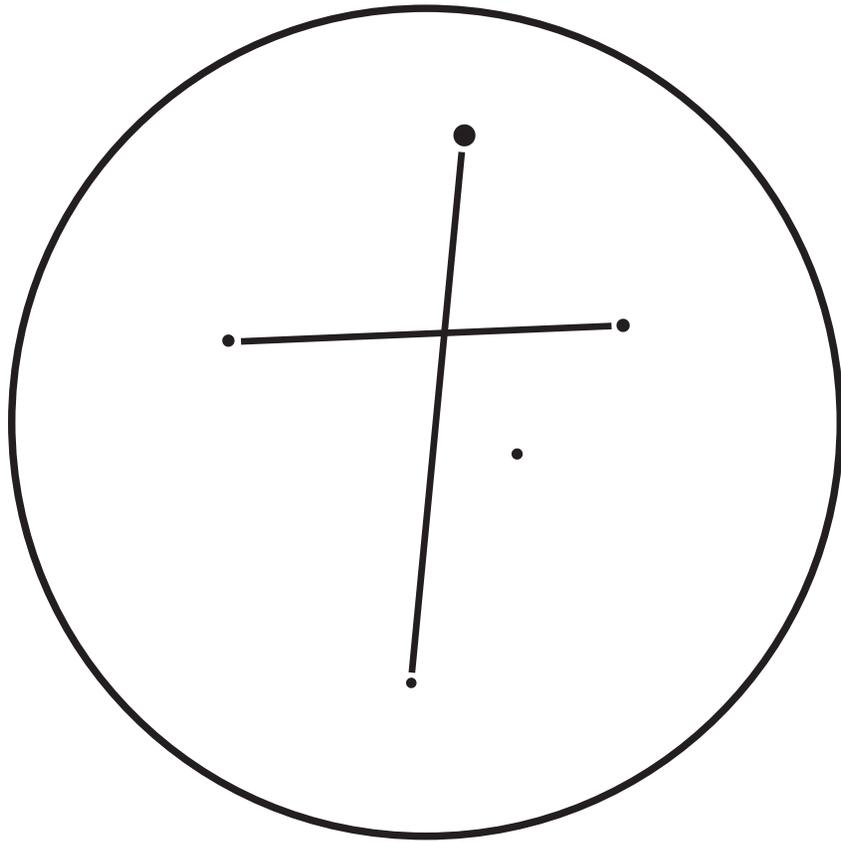


PRECIOUS

CREATED BY GOD







FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

3:16

FOR GOD SO LOVED THE
WORLD, THAT HE GAVE HIS
ONLY BEGOTTEN SON . . .

JOHN

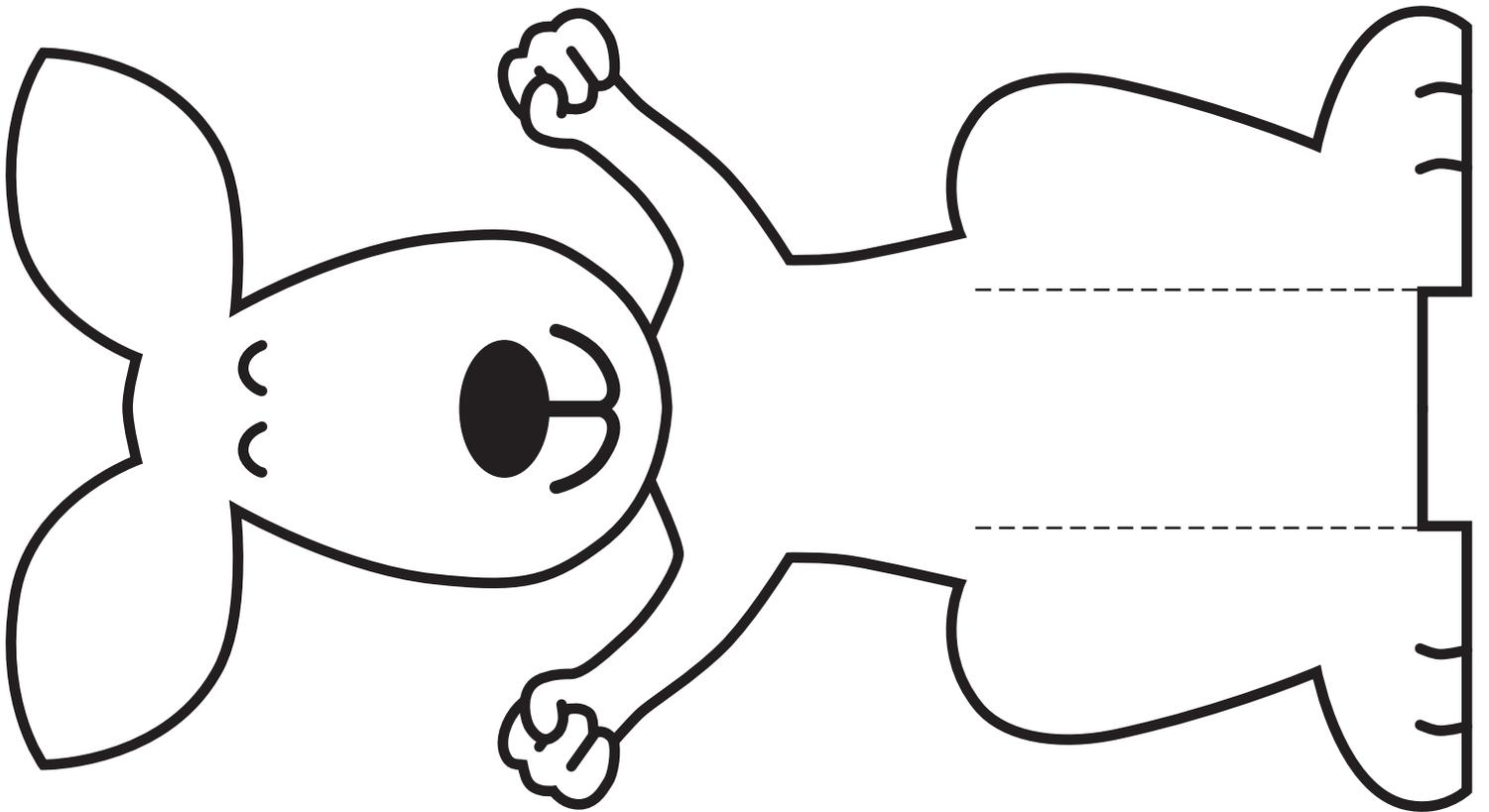
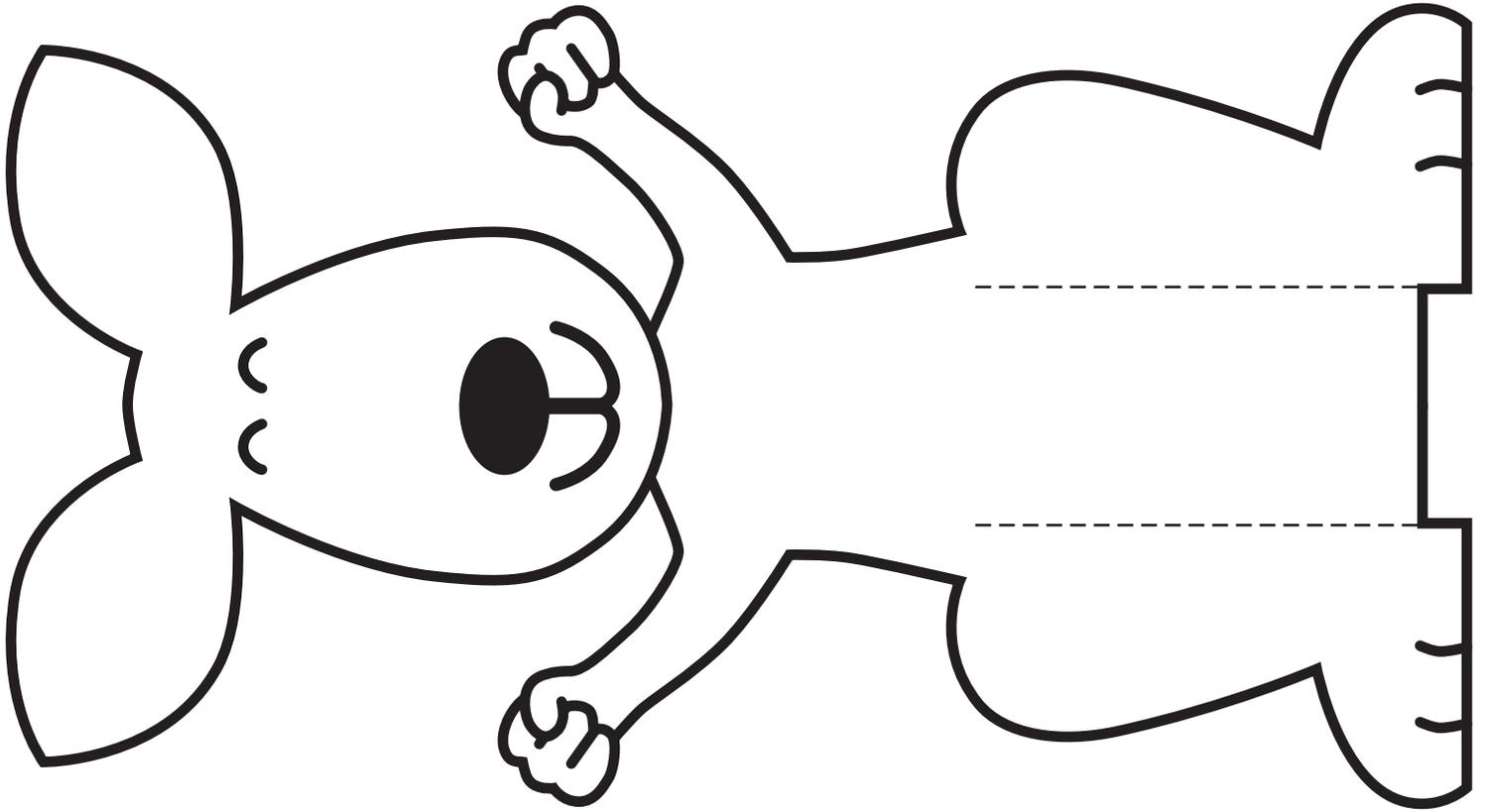
3:16

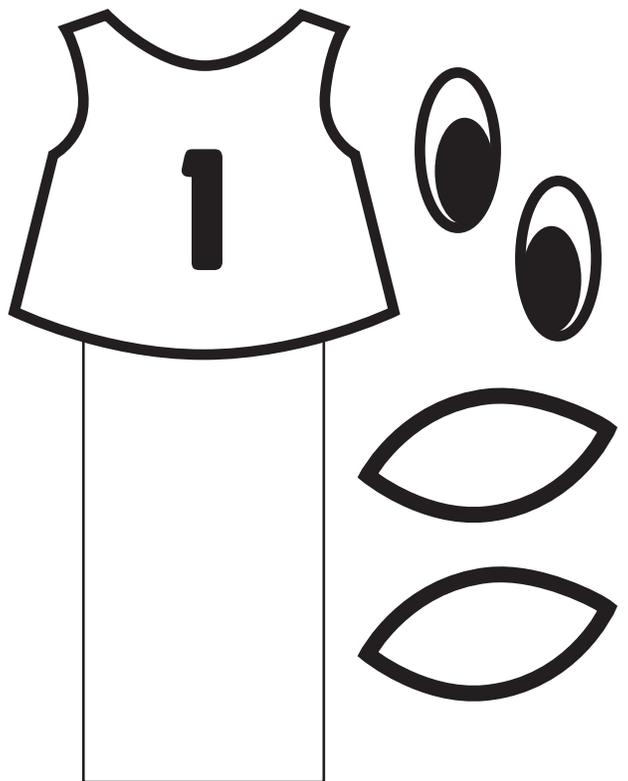
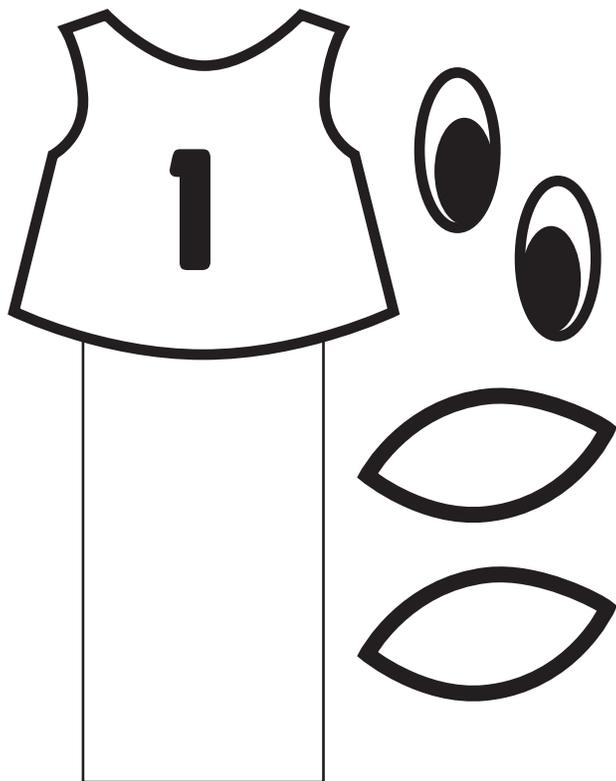
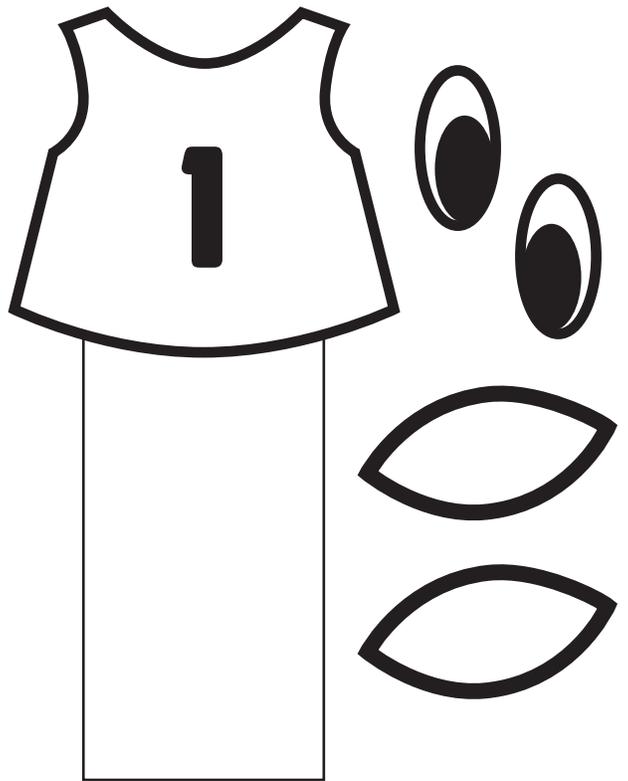
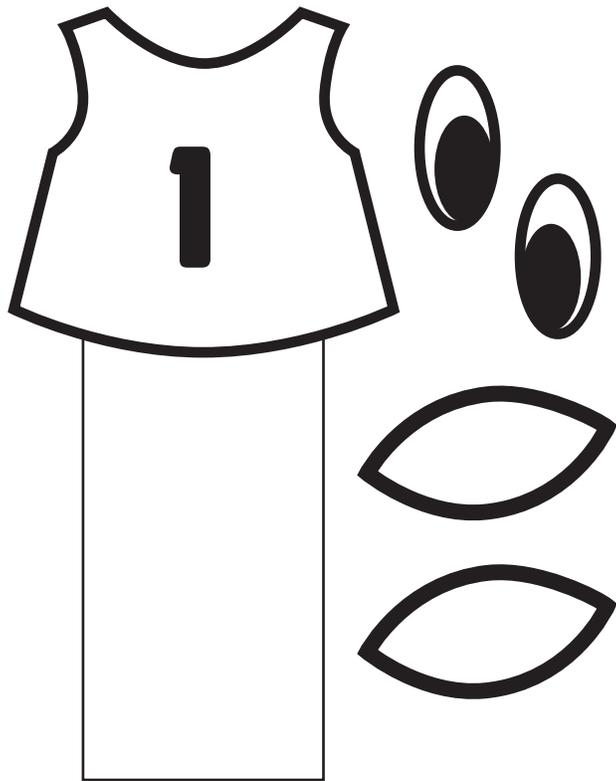


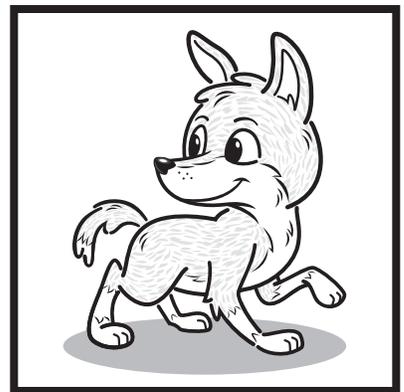
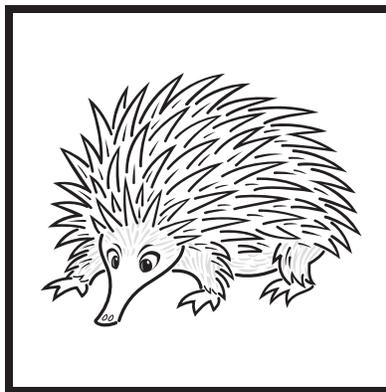
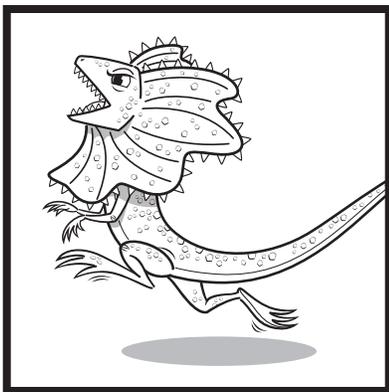
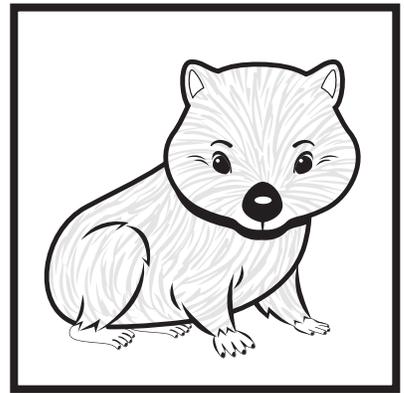
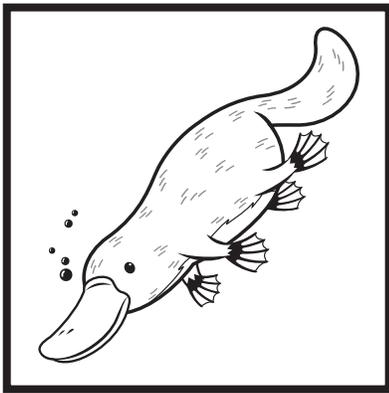
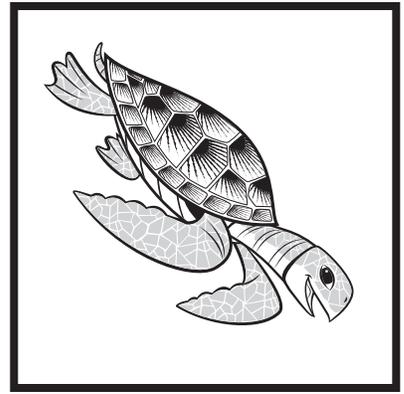
I was created on purpose for a purpose.

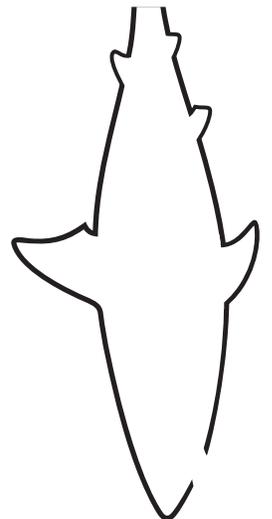
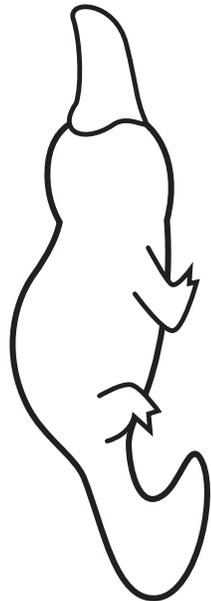
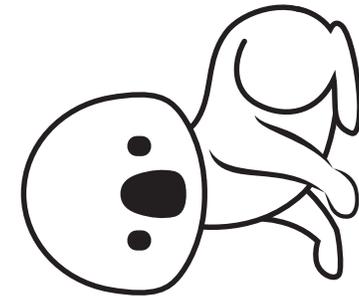
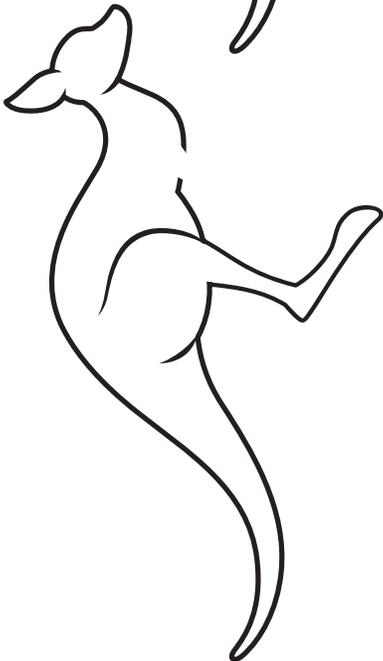
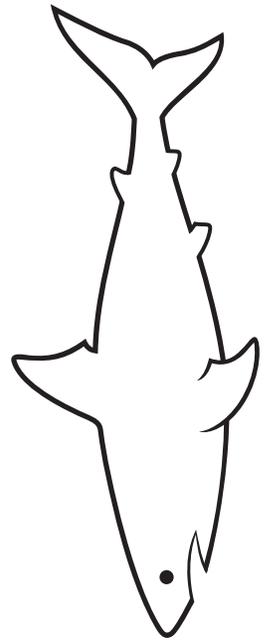
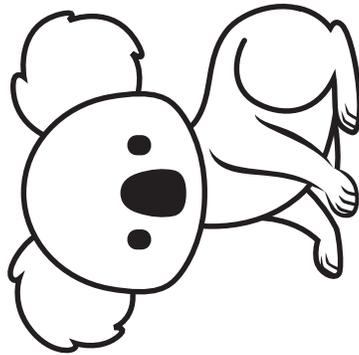
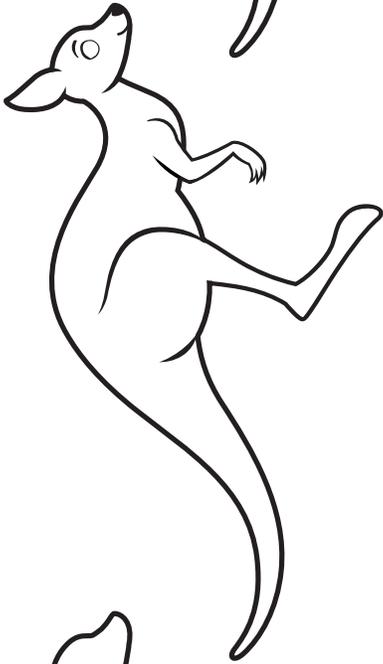
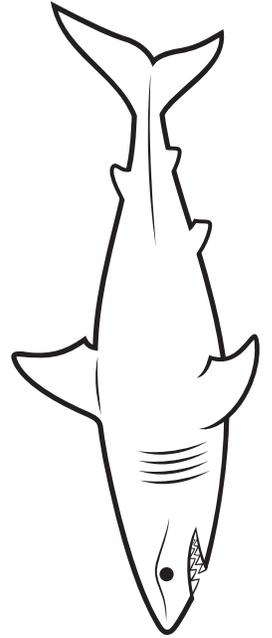
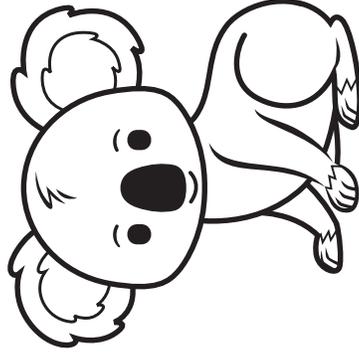
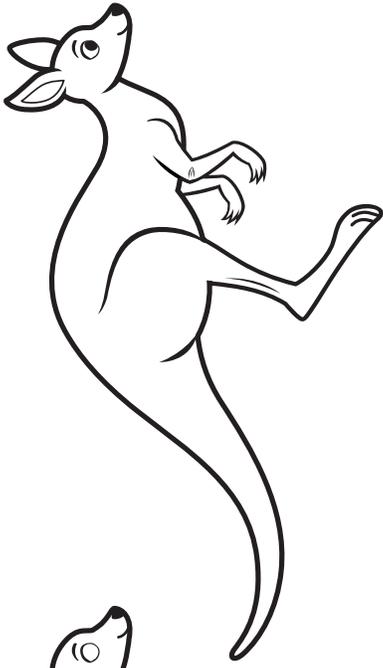


I was created on purpose for a purpose.

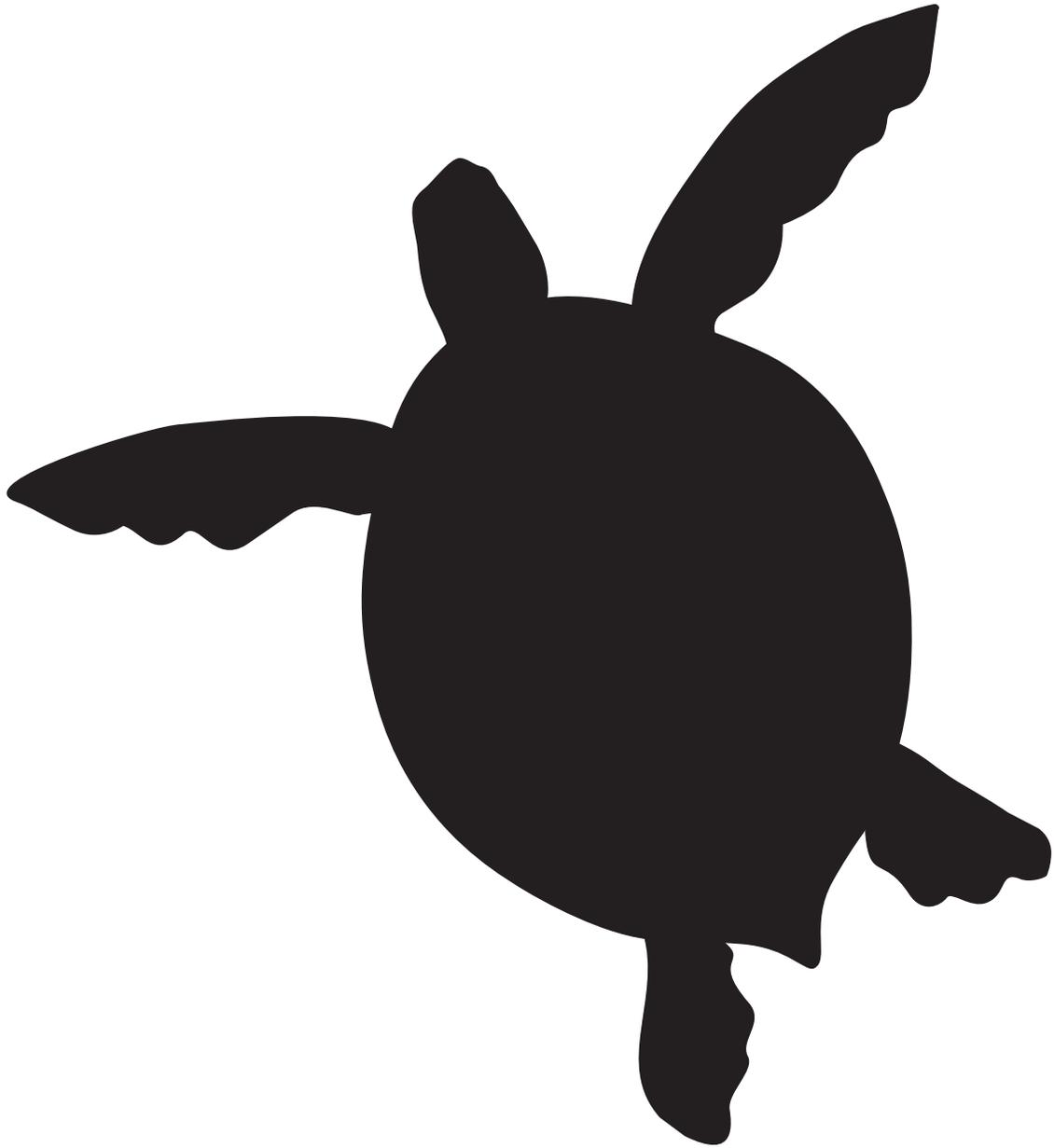






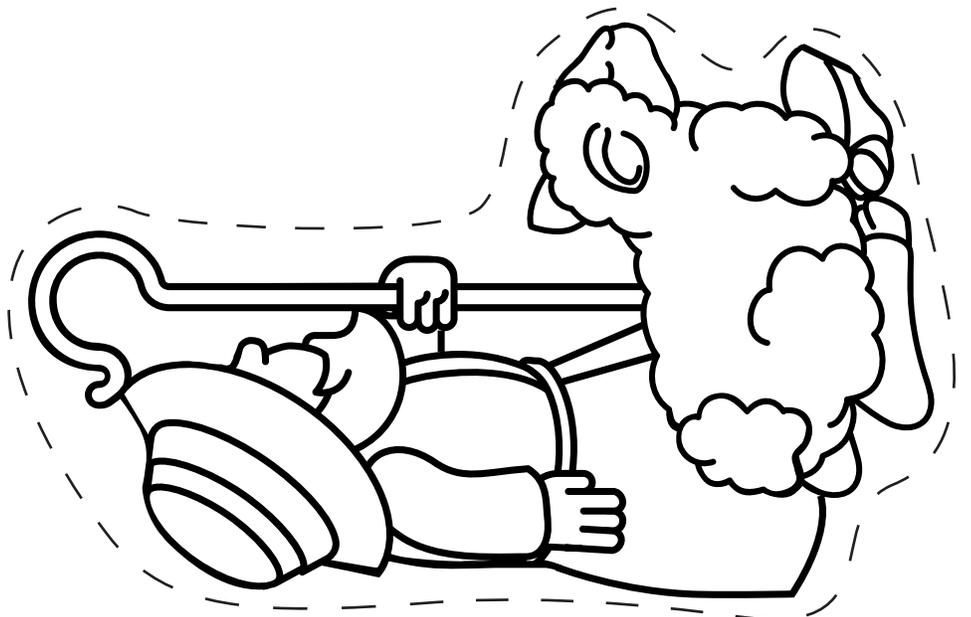
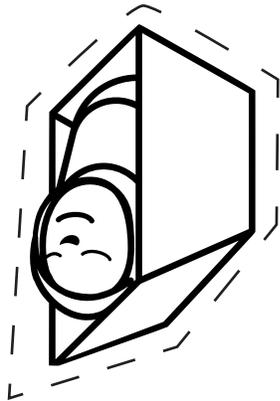
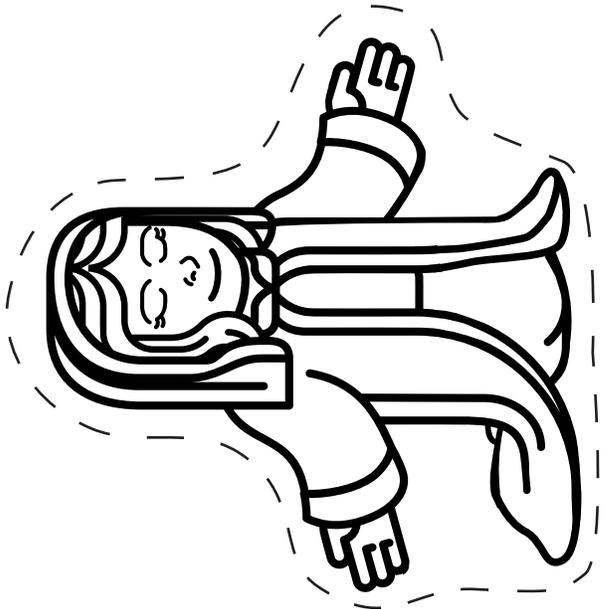
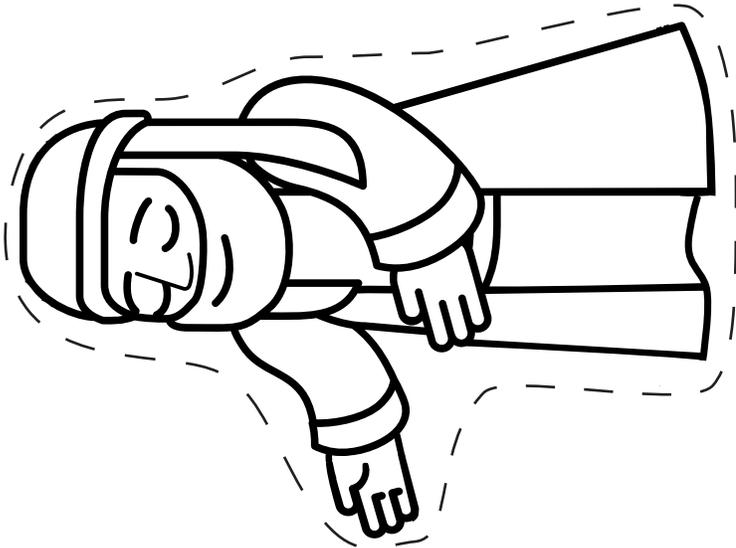
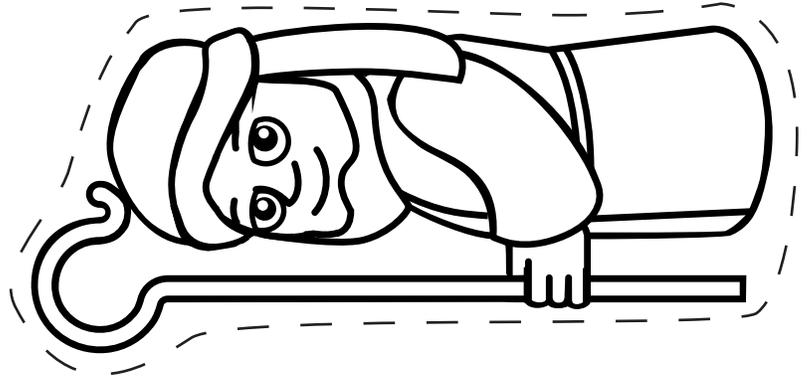


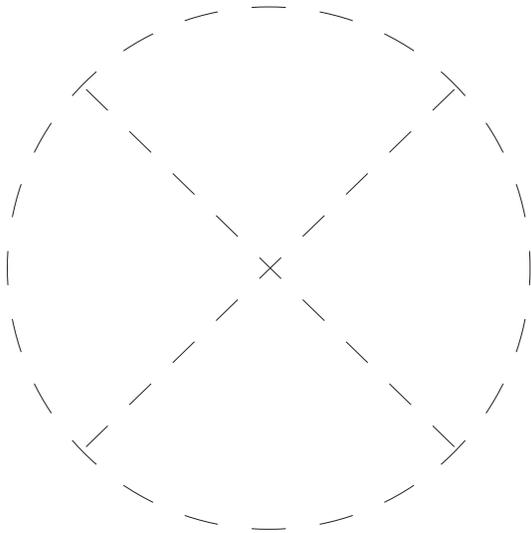
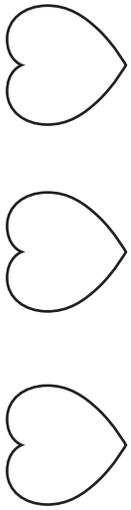






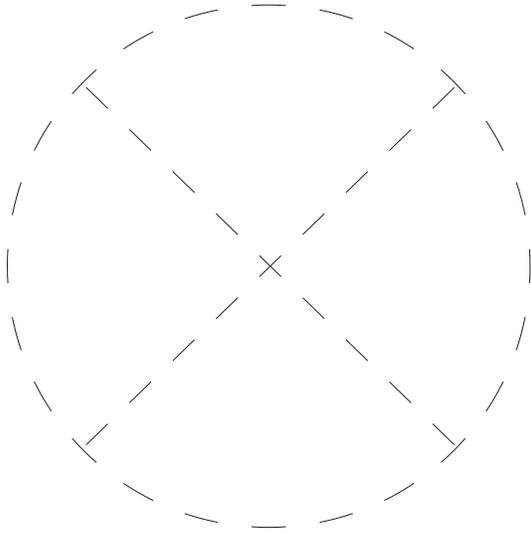
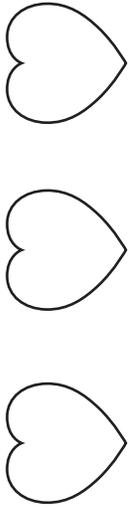
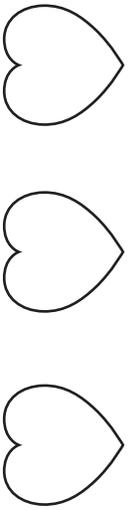






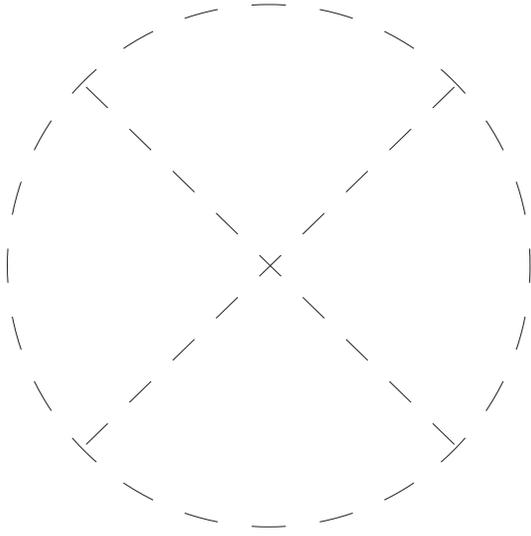
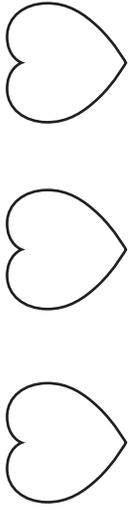
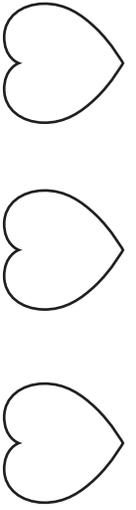
**Jesus
Loves
You**

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16 ESV



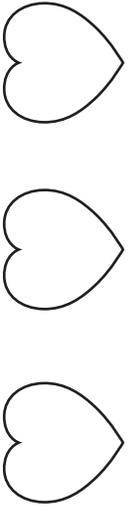
**You are
Precious
to God**

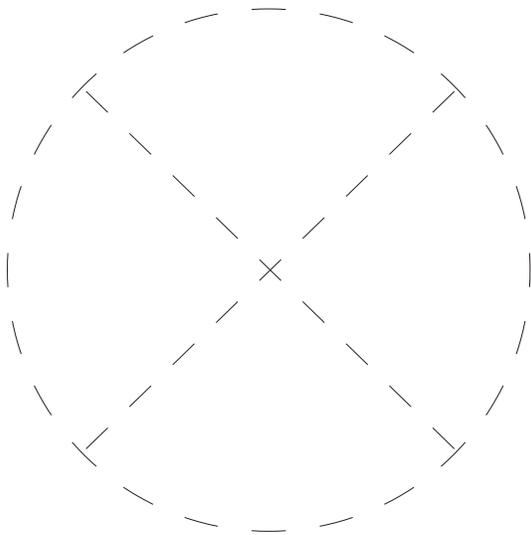
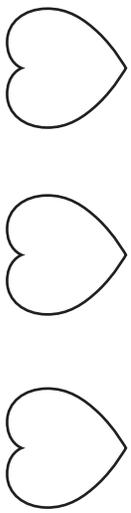
For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16 ESV



**God
Loves
You**

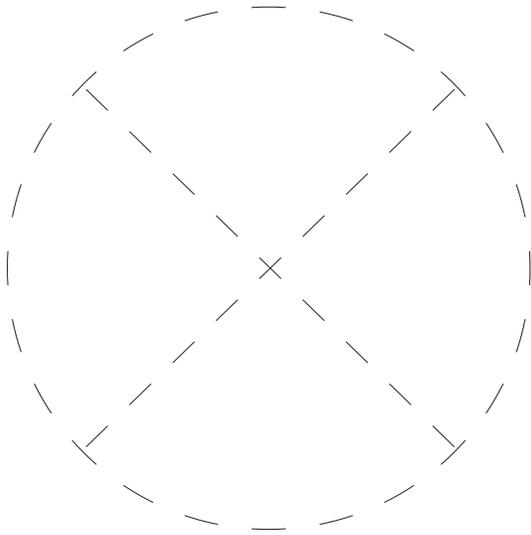
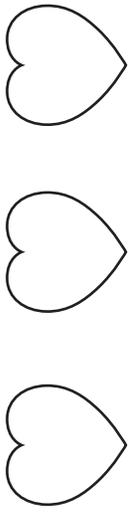
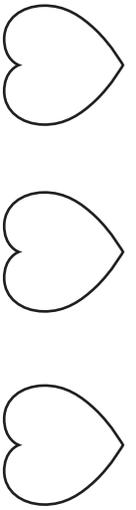
For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16 ESV





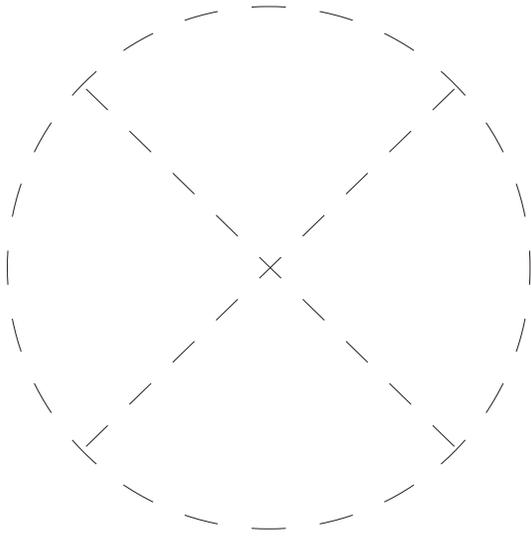
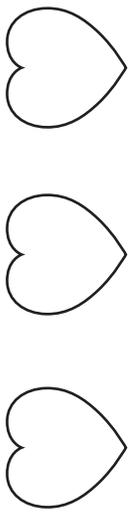
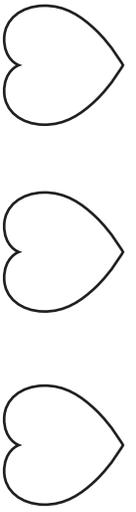
Jesus
Loves
You

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life. John 3:16



You are
Precious
to God

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life. John 3:16



God
Loves
You

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life. John 3:16

