



Family Scavenger Hunt: House Exercise Edition



Instructions: Begin in the living room with your family. Share the first item to find on the list. Everyone searches for the item individually and reports back in the living room with the total number of items you found. Add the total number of items your family found and perform that many repetitions of the associated exercise. (Ex: You have been asked to find pillows in your house. The associated exercise is jumping jacks. Dad finds 6, Mom finds 4, son finds 3 and daughter finds 2 – Add the total number of pillows your family found and do that many repetitions of jumping jacks. Each family member does 15 jumping jacks) Repeat this process for each item on the list.

1. How many chair legs are in your house?
Jumping Jacks
2. How many pens and pencils are in your house?
Crunches
3. How many light bulbs are in your house?
Air Squats
4. How many stuffed animals are in your house?
Mountain Climbers
5. How many dairy products are in your house?
Burpees
6. How many letters are on the cover of the first book you find?
Jumping Jacks
7. How many cabinet doors do you see in your house?
Mountain Climbers
8. How many rolls of toilet paper are in your house?
Crunches
9. How many clocks are in your house?
Burpees
10. How many ceiling fans blades can you find?
Air Squats