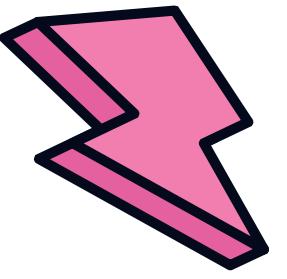


Passport Explorer





Passport explorer



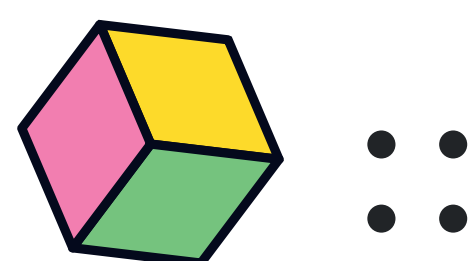
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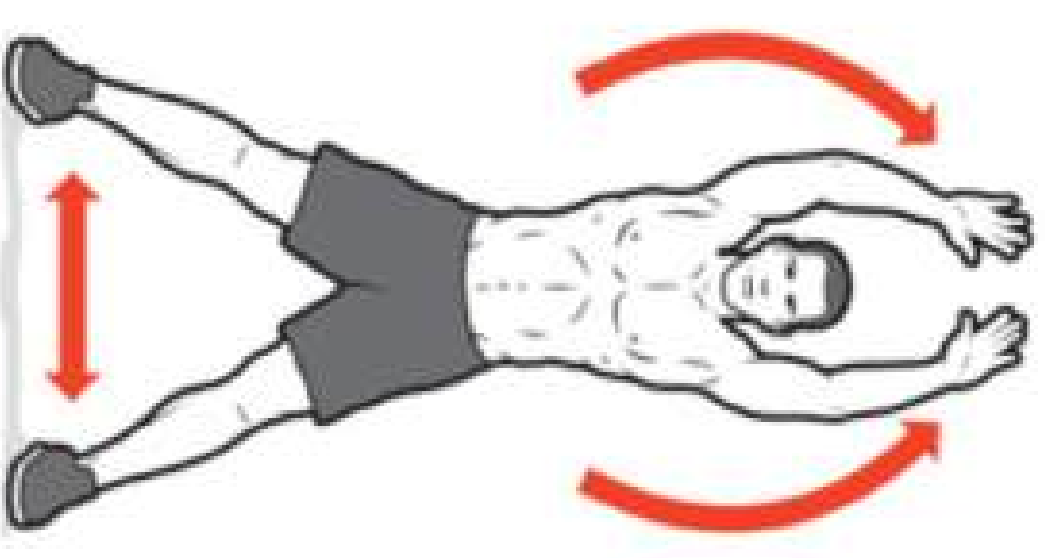
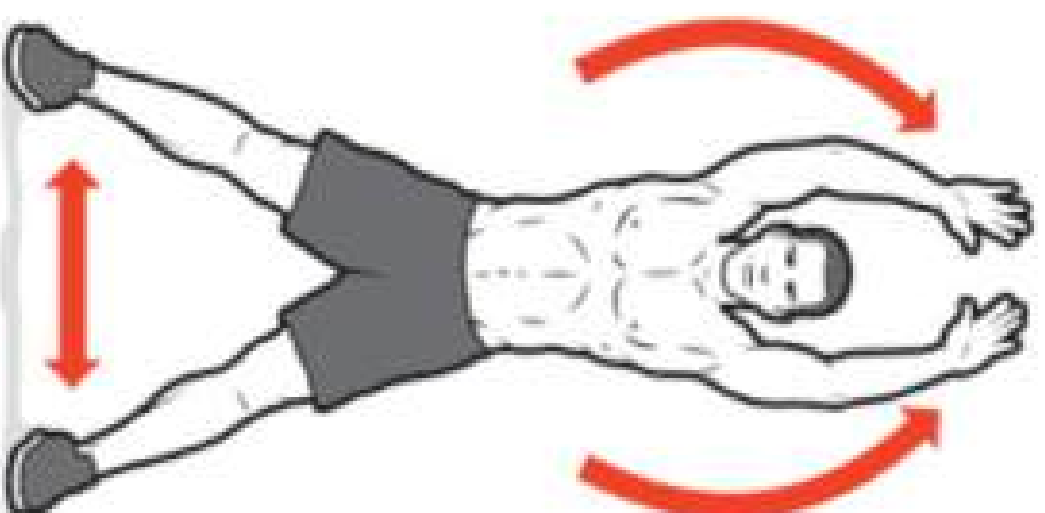


THE STARTING POINT

START AND FINISH POINT

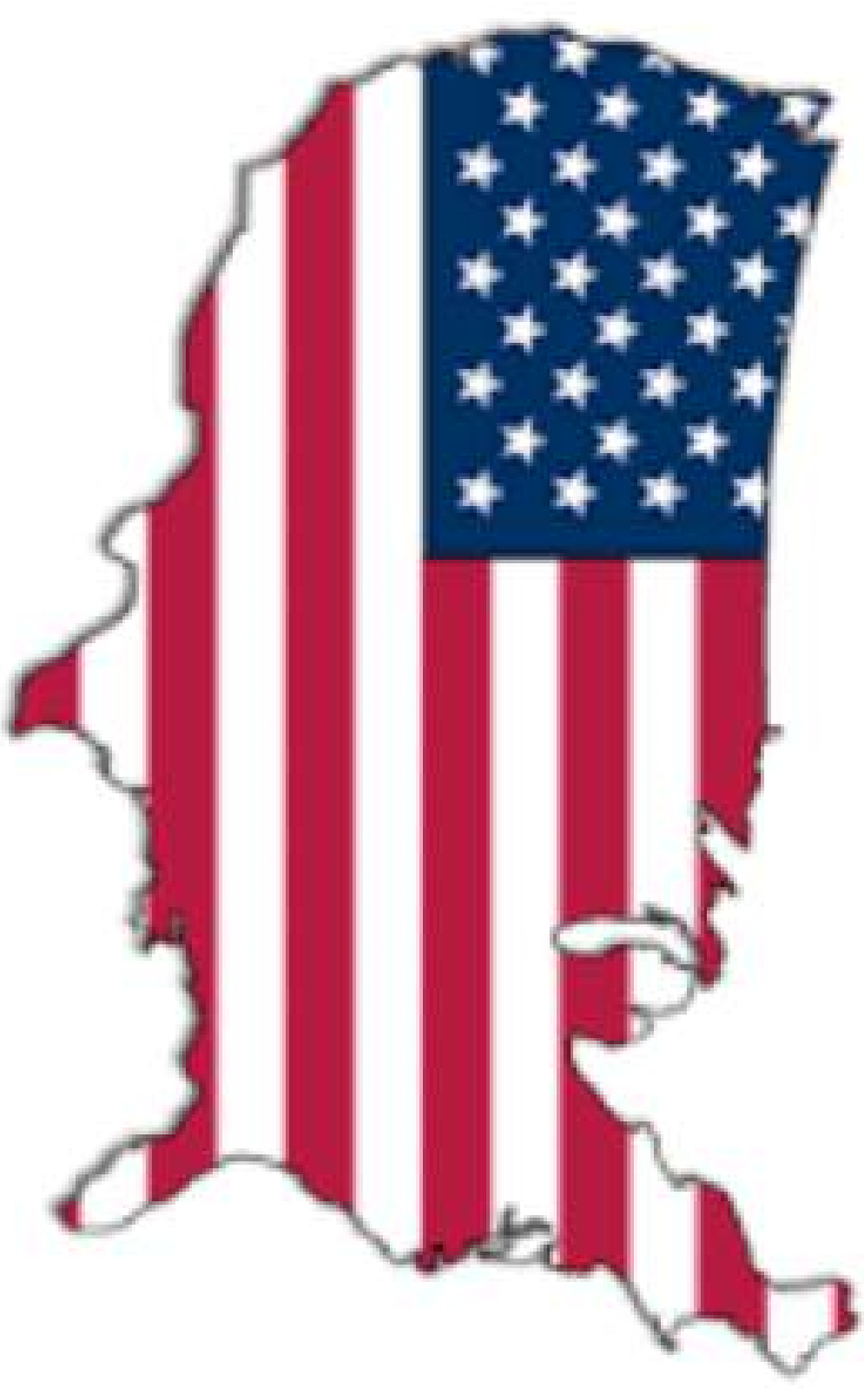


COMPLETE 10 JUMPING JACKS





TOUCH YOUR RIGHT HAND TO YOUR LEFT SHOULDER, AND THEN TOUCH YOUR LEFT HAND TO YOUR RIGHT SHOULDER. REPEAT THIS 10 TIMES

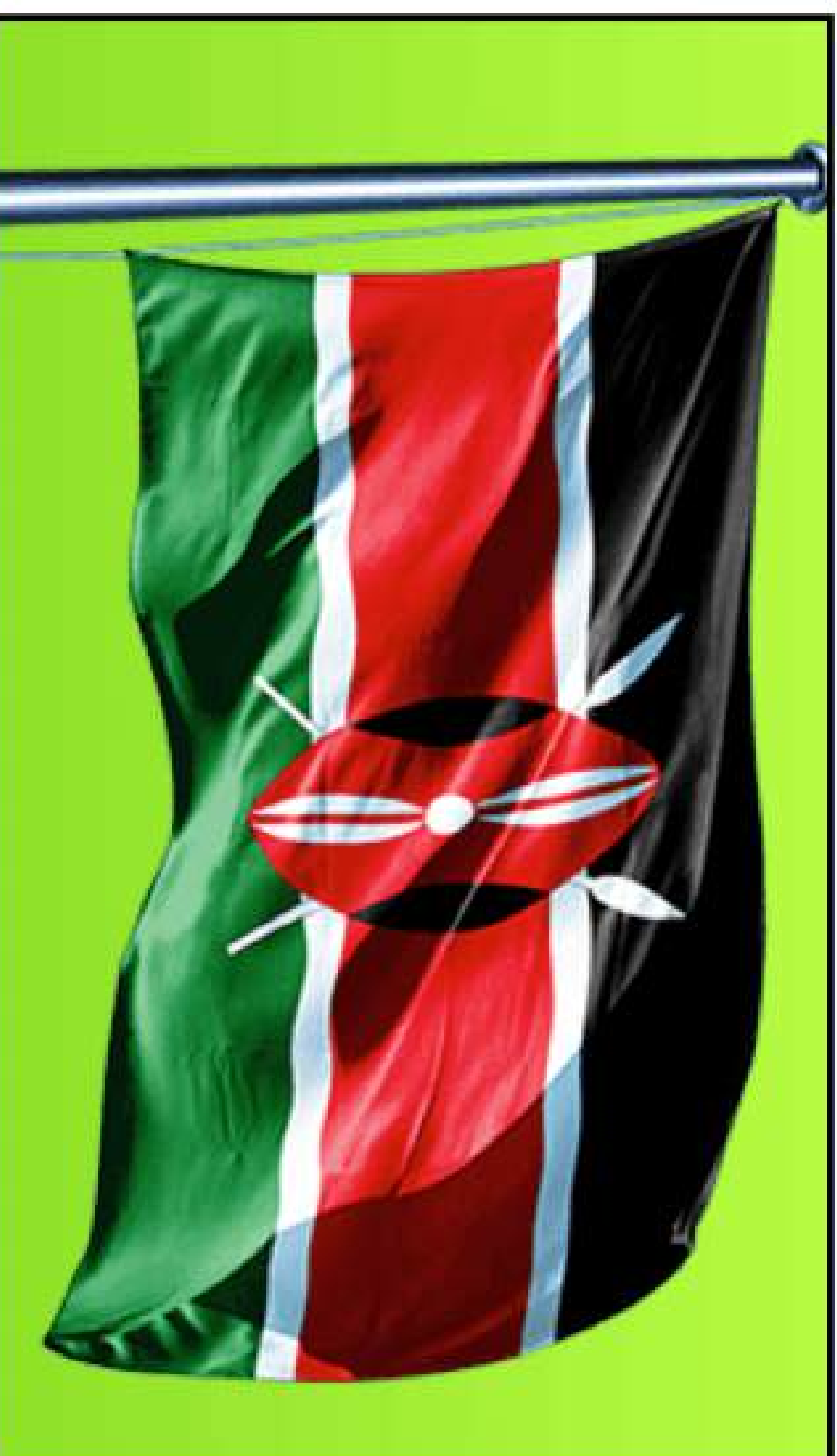


RUN ON THE SPOT FOR 10 SECONDS WITH HIGH KNEES

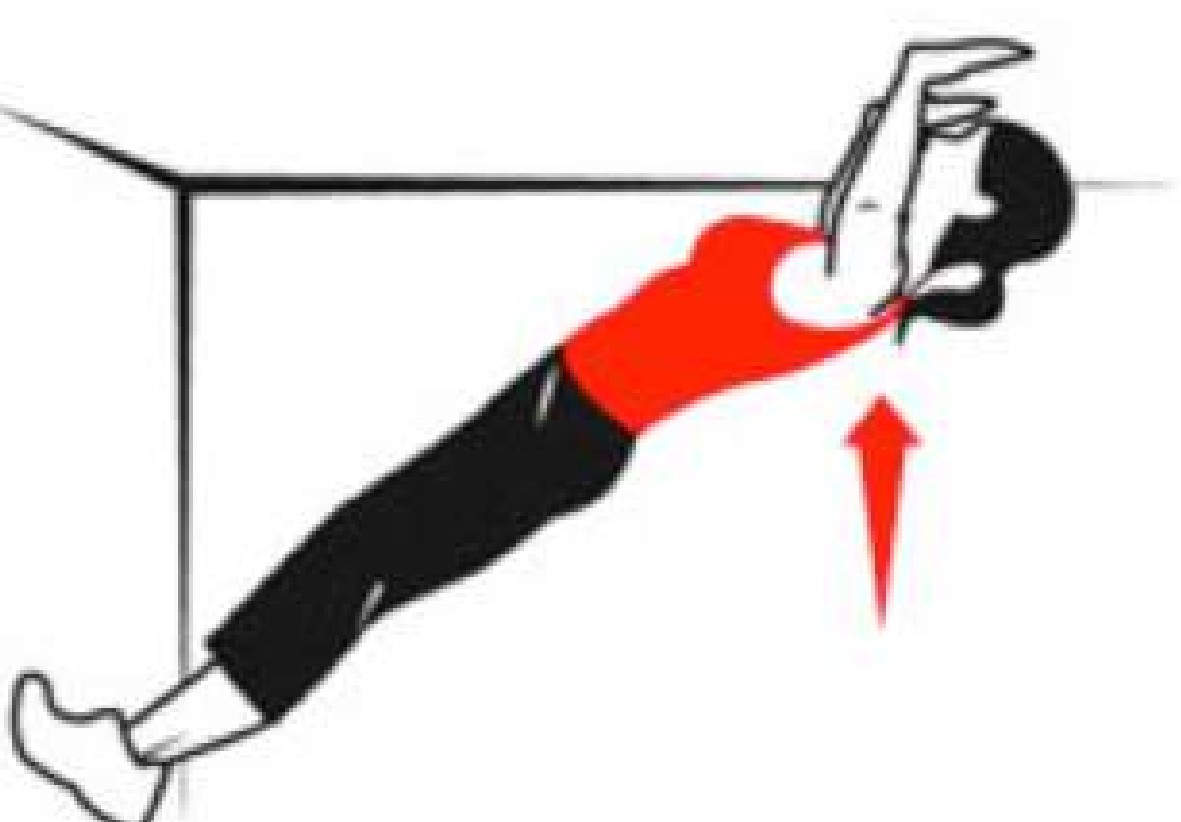
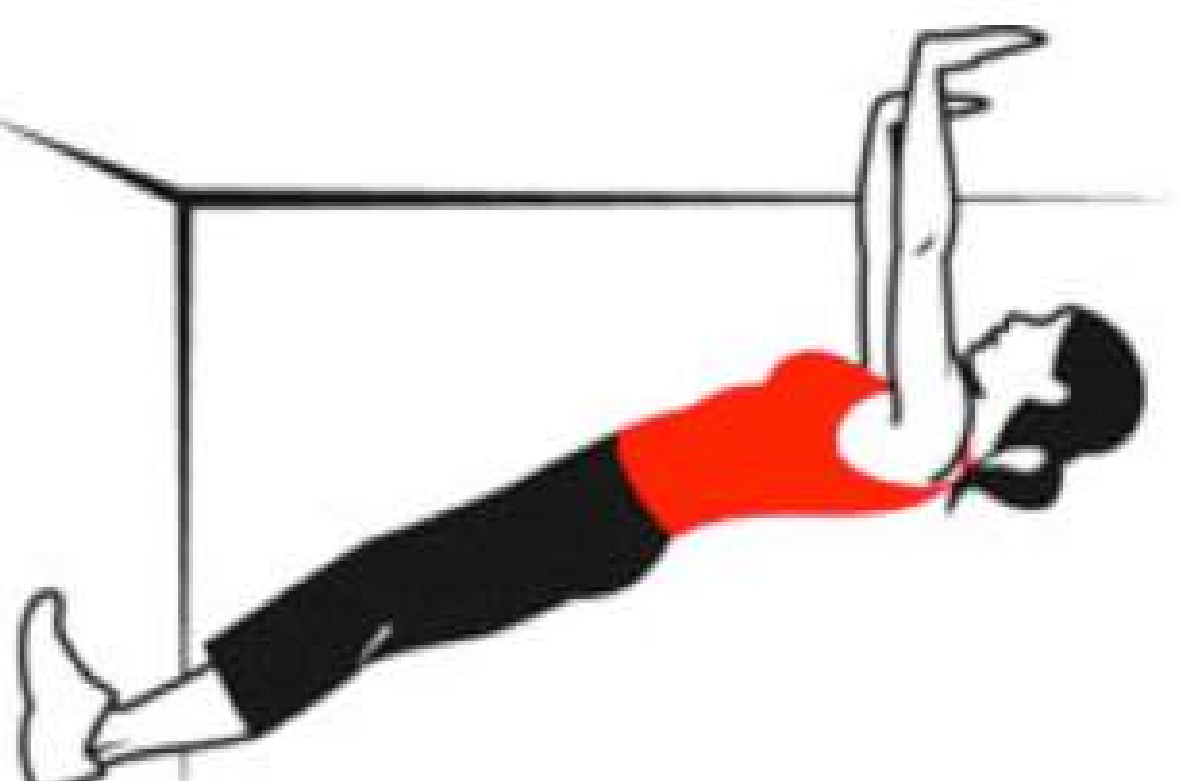


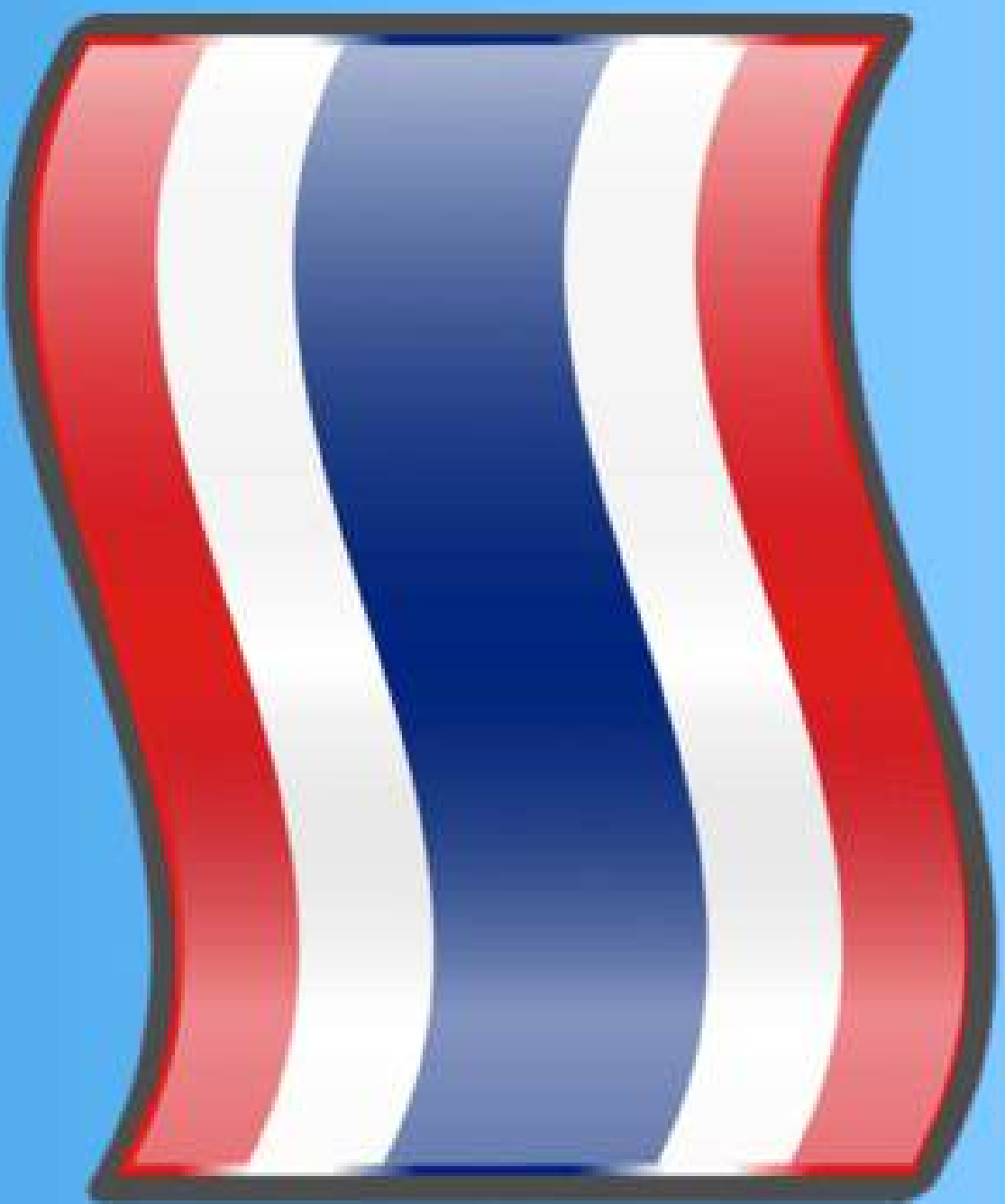


WIGGLE YOUR ENTIRE BODY LIKE
CRAZY FOR 10 SECONDS



COMPLETE 10 WALL PUSH UPS





COMPLETE 10 SIT UPS



COMPLETE 5 FULL BODY BURPEES

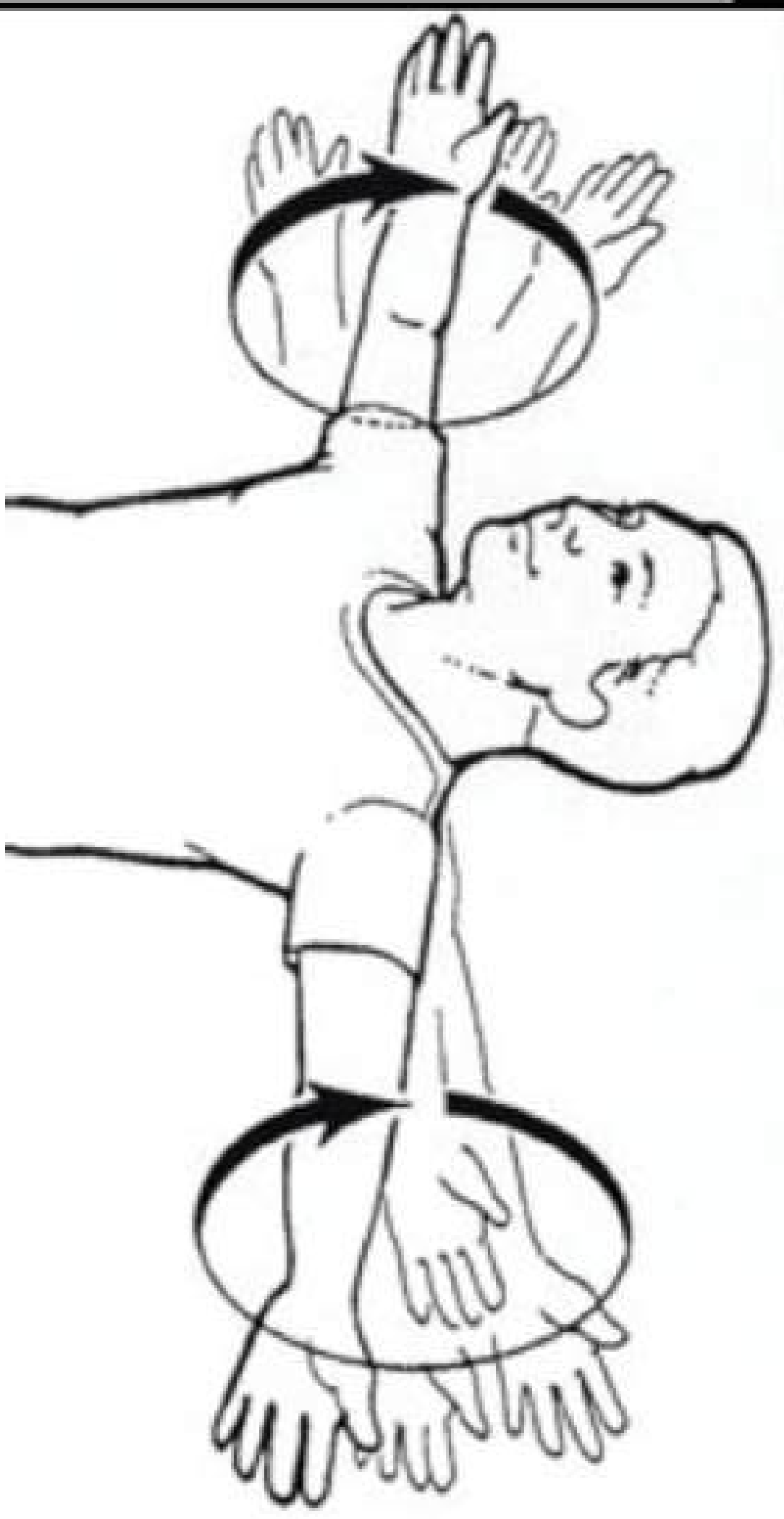




**BRING RIGHT ELBOW TO LEFT
KNEE, THEN LEFT ELBOW TO
RIGHT KNEE. REPEAT THIS 5 TIMES**

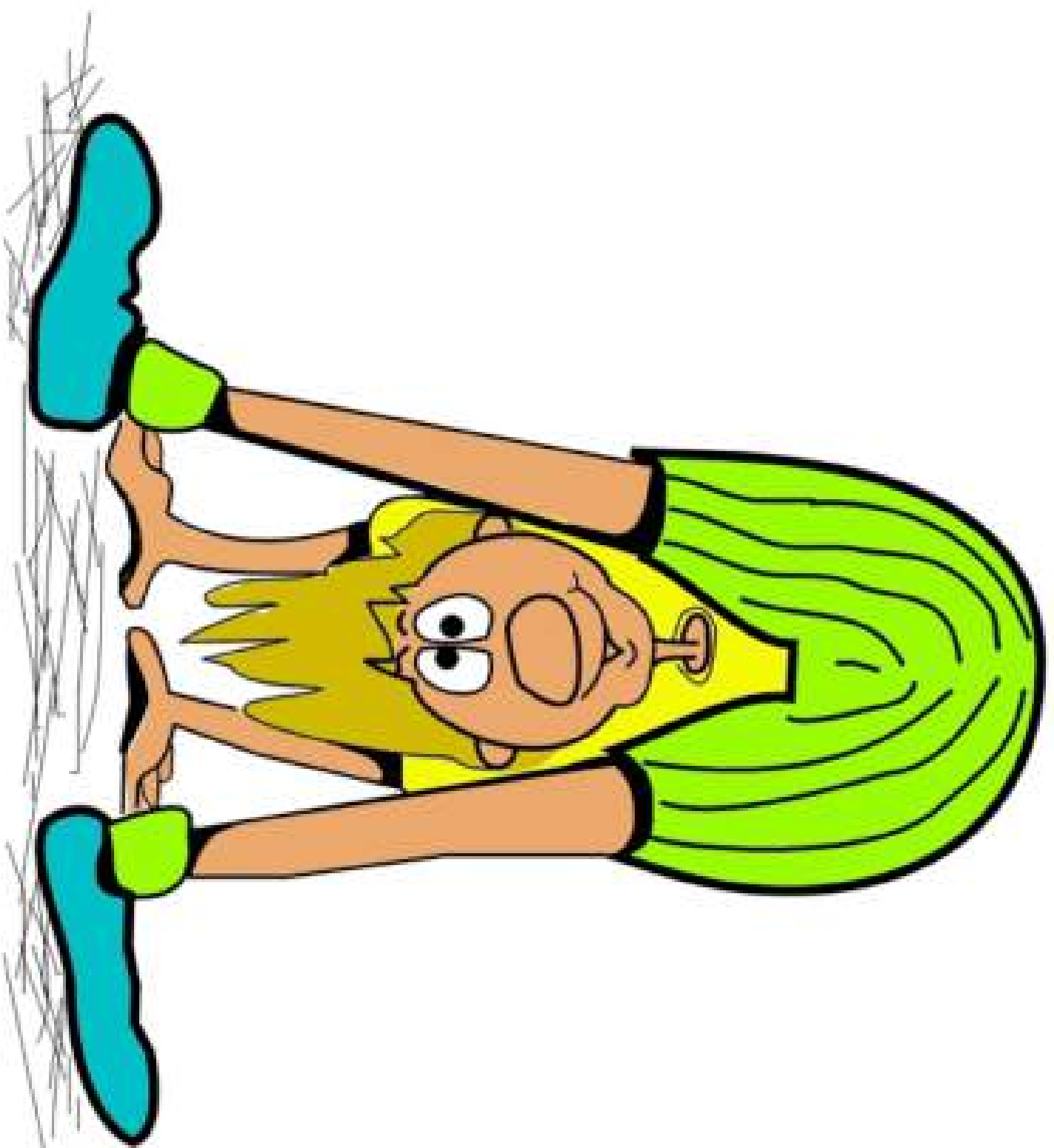


**MAKE 10 SMALL CIRCLES WITH
YOUR ARMS. FORWARDS THEN
BACKWARDS**





**SPREAD LEGS WIDE APART, THEN
BEND AT THE WAIST AND LOOK
BETWEEN YOUR LEGS. REPEAT
THIS 5 TIMES**



**COMPLETE 20 MOUNTAIN
CLIMBERS**





**JUMP ON THE SPOT TEN
TIMES LIKE A KANGAROO**



**COMPLETE 5 SQUAT
THRUSTERS**





SPIN IN A CONTROLLED CIRCLE 5
TIMES TO YOUR LEFT AND THEN
5 TIMES TO YOUR RIGHT

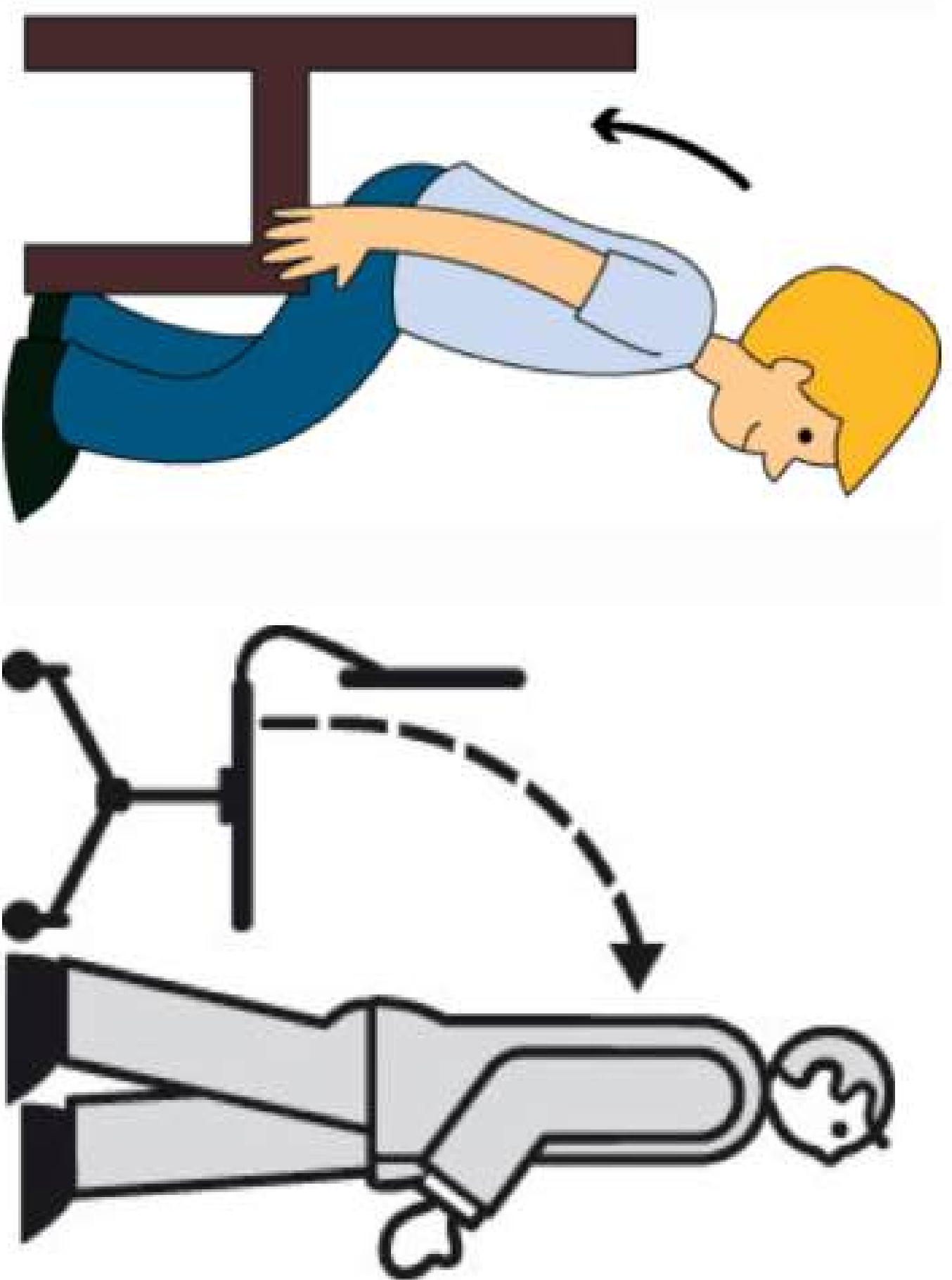


CRAZY DANCE ON THE SPOT
FOR 10 SECONDS

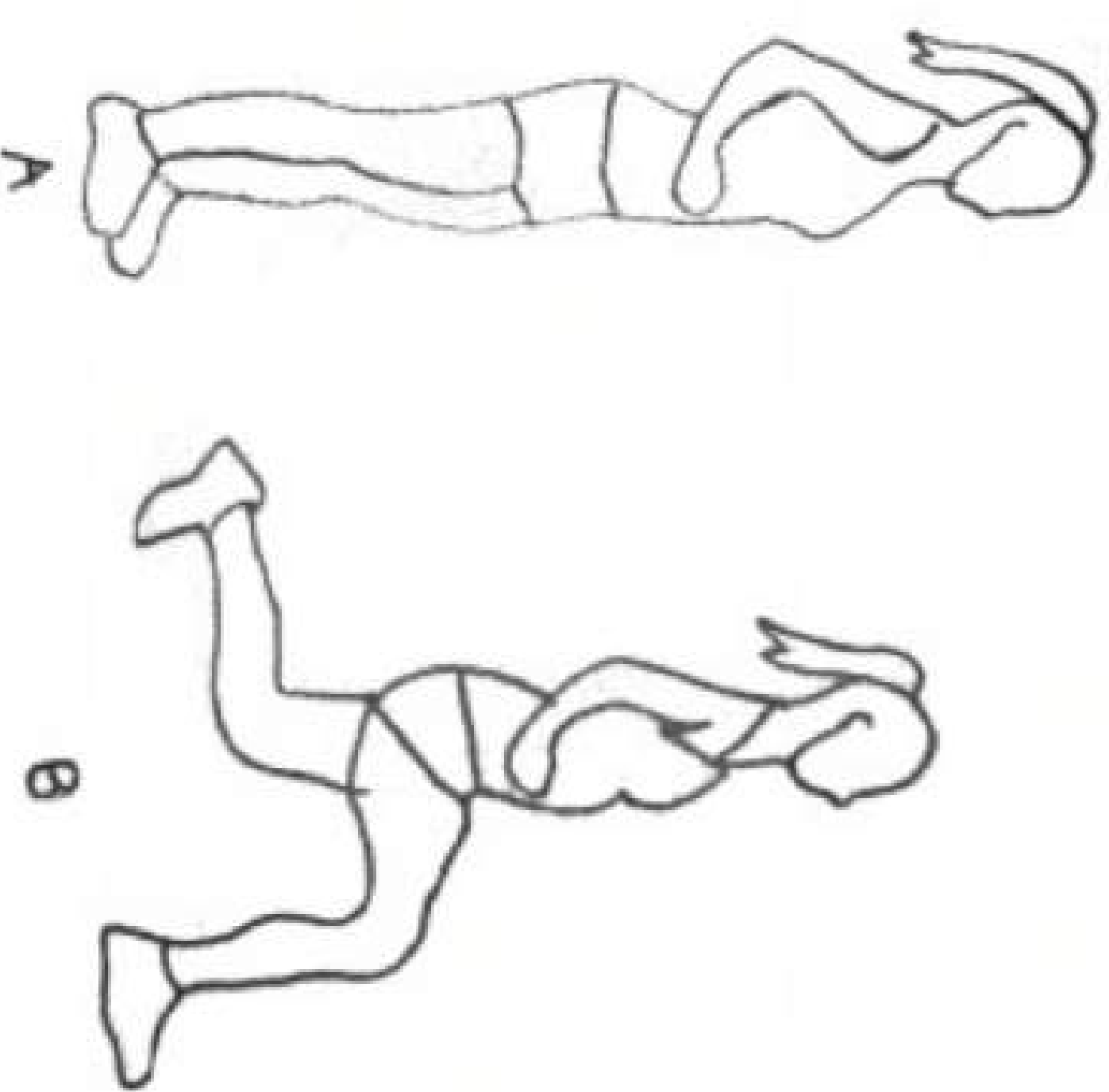




SIT DOWN THEN STAND BACK
UP 5 TIMES



COMPLETE 20 LUNGE JUMPS
(ALTERNATING LEGS)



ACTIVATE

*LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS*



ACTIVATE

*LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS*



ESTIMATE

LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



ESTIMATE

LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



REWRITE

LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



REWRITE

LUCKY DIP - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



STRONG WINDS
OUTSIDE, GO
BACK TWO
SPACES

FORGOT YOUR
LUNCH MONEY,
GO BACK TO THE
BRAIN BREAK
HEAD QUARTERS

YOU ORDERED A
HEALTHY SANDWICH
INSTEAD OF A MEAT
PIE, HEALTHY
CHOICE, MOVE
AHEAD TWO SPACE

YOUR SHOELACE
IS NOT TIED,
COMPLETE 5,
LUNGES ON EACH
SIDE

YOU COMPLETE
YOUR TIMES
TABLES IN
RECORD TIME,
MOVE AHEAD 3
SPACES

FORGOT TO
COMPLETE
HOMEWORK, GO
BACK 1 SPACE

DID NOT
COMPLETE YOUR
NIGHTLY READER,
GO BACK 4
SPACES

SLEEP IN AND
YOU ARE LATE TO
SCHOOL, GO BACK
1 SPACE

HELP A
CLASSMATE
COMPLETE THEIR
WORK, GO
FORWARD 3
SPACES

CLASS POLICE
GIVE SOMEONE
ELSE 10 REPS OF
STAR JUMPS.

GOOD WILL CARD
CHOOSE SOMEONE
ELSE TO MOVE
AHEAD 3 SPACES.

CLASS POLICE
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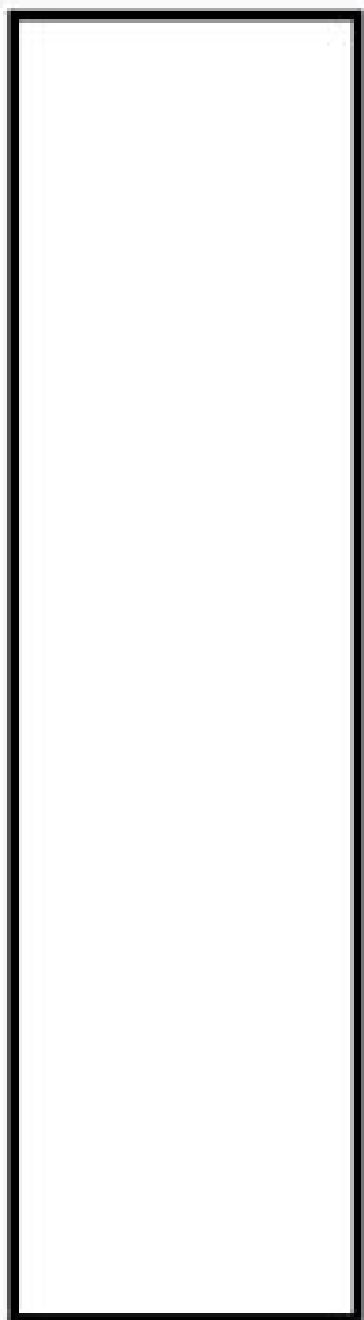
GOOD WILL CARD
CHOOSE SOMEONE
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GOOD WILL CARD
CHOOSE SOMEONE
ELSE TO MOVE
AHEAD 1 SPACE.

CLASS POLICE
GIVE SOMEONE
ELSE 10 REPS OF
SIT UPS.

GOOD WILL CARD
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CLASS POLICE
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NAME

PASSPORT

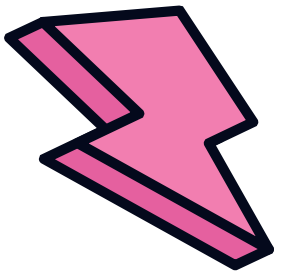
Passport Explorer

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Passport explorer



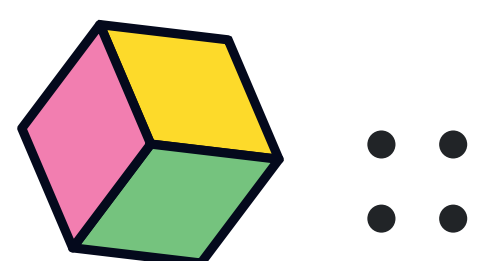
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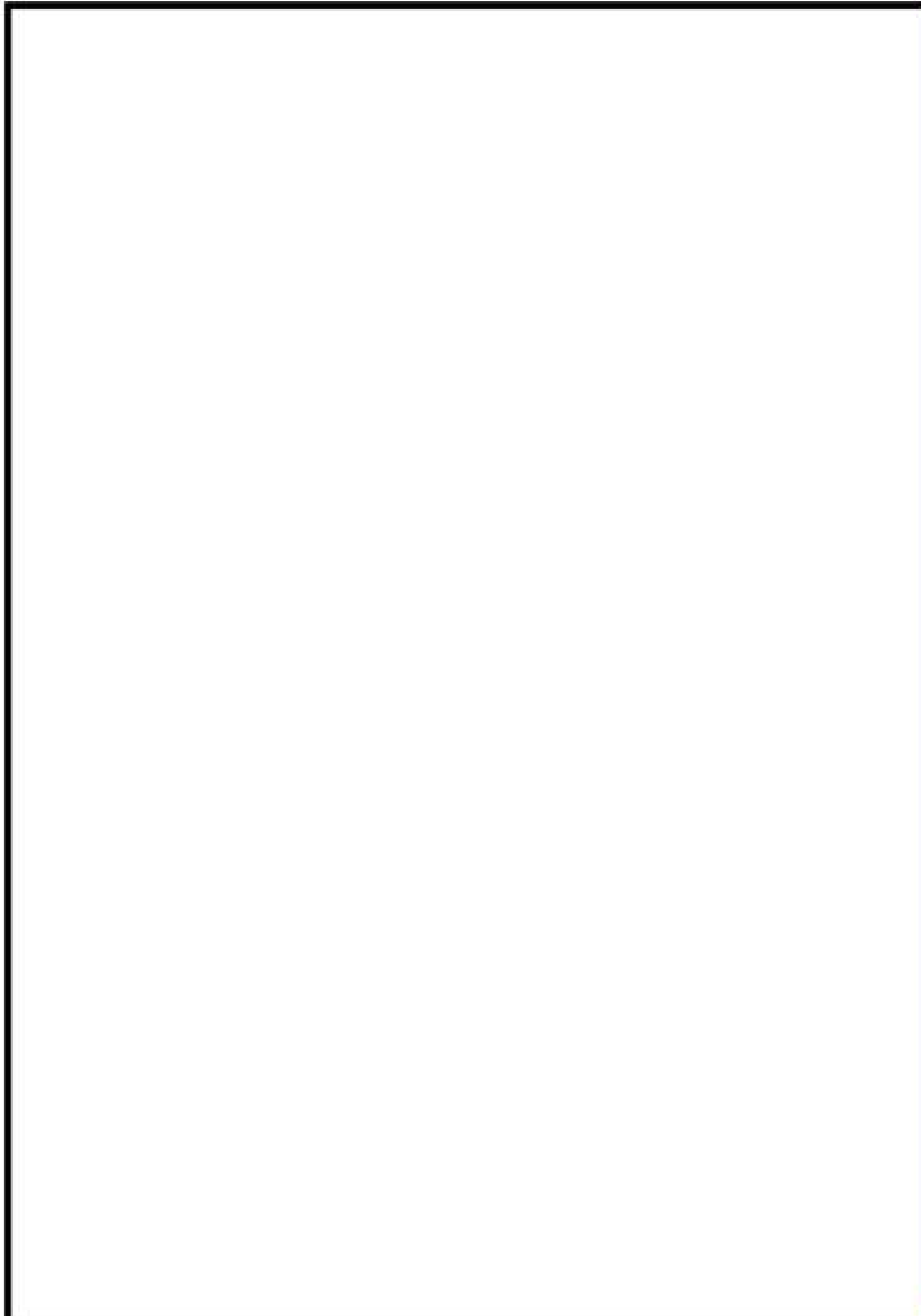
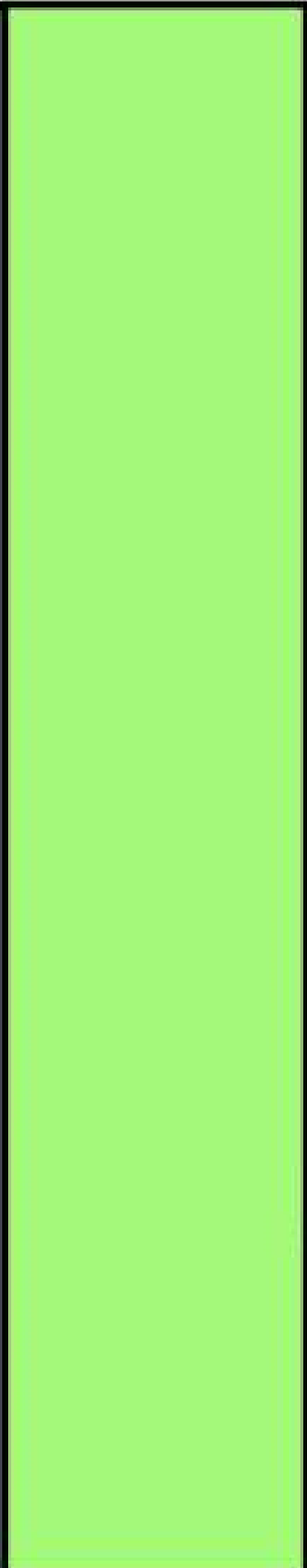
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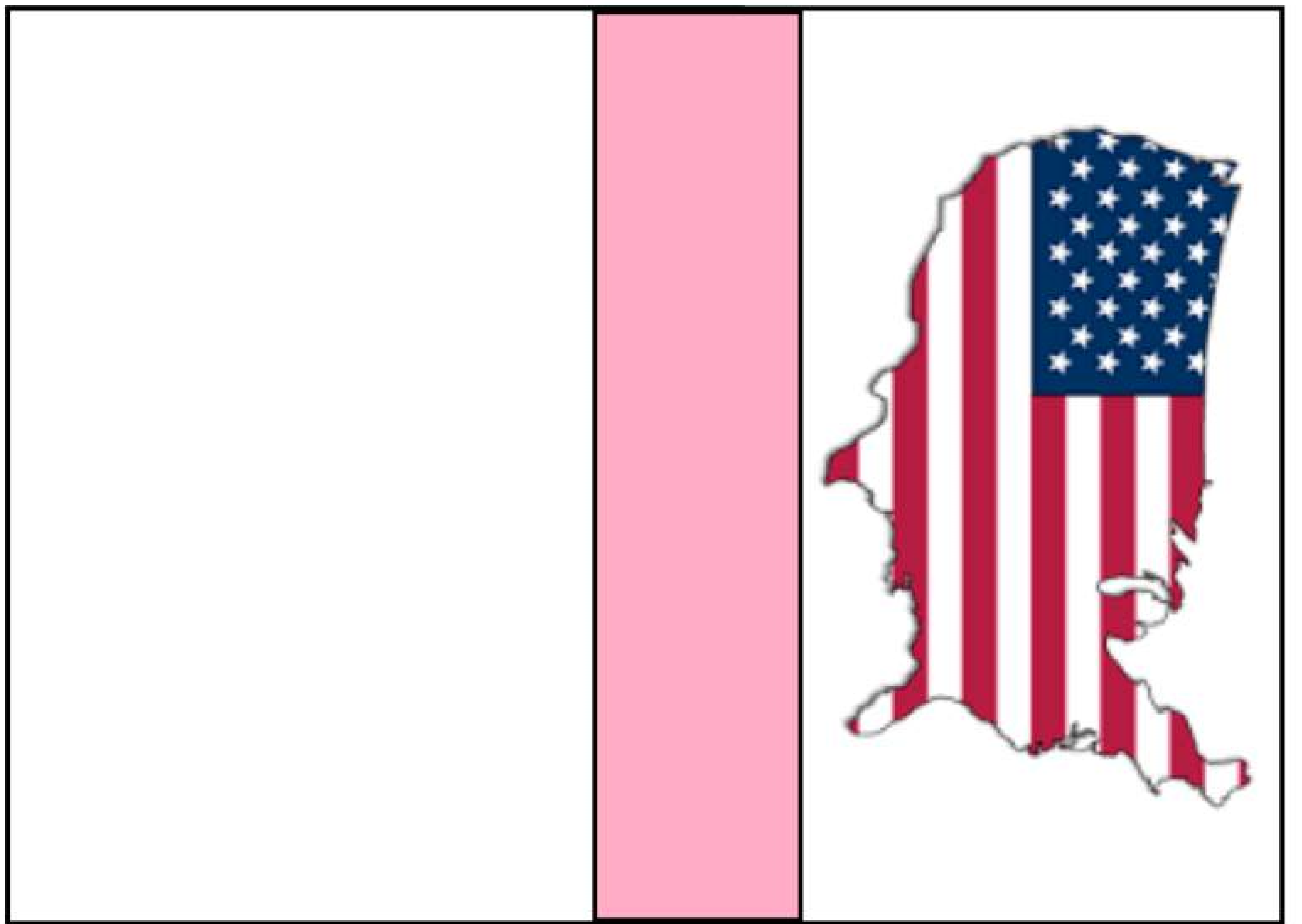
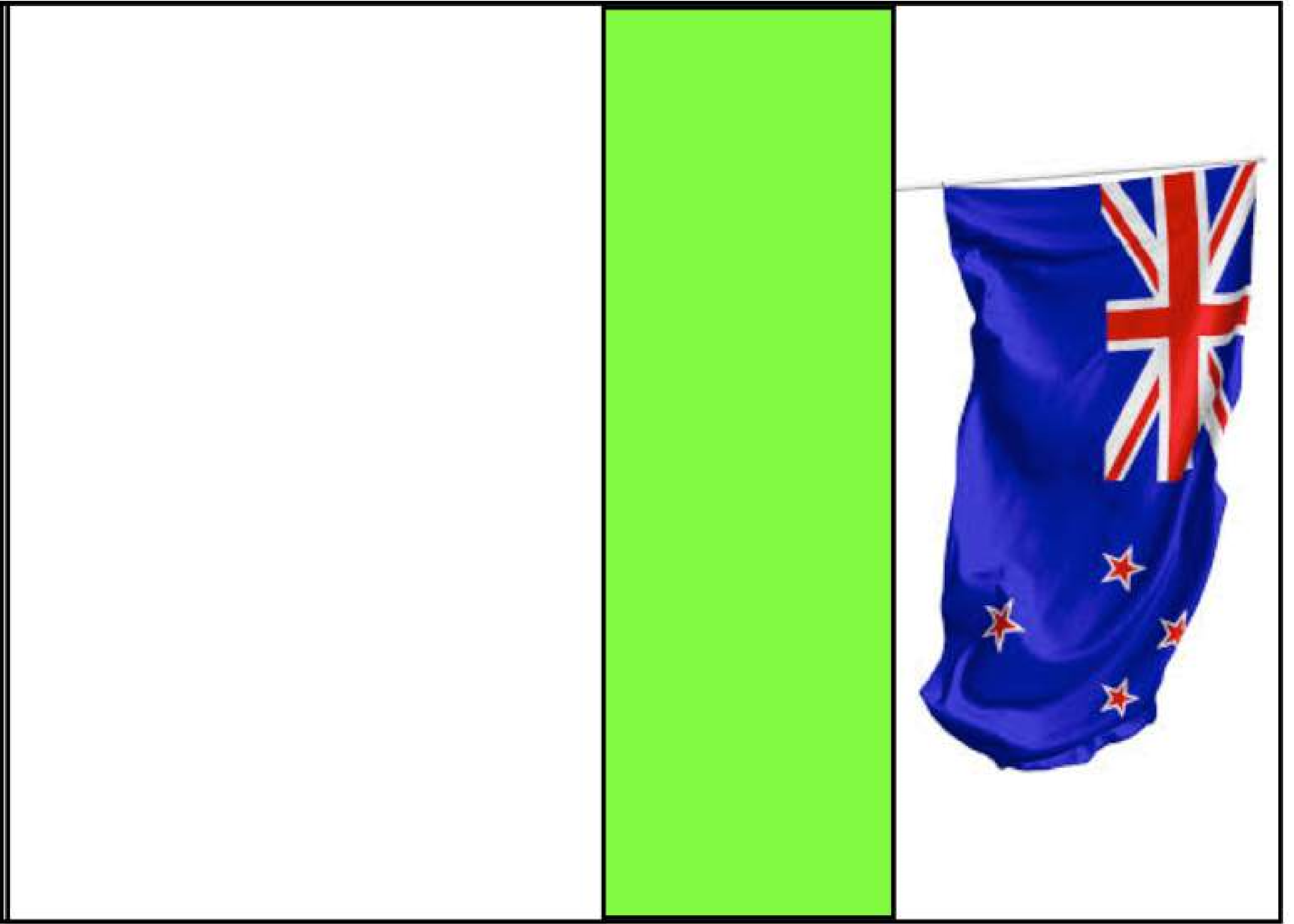
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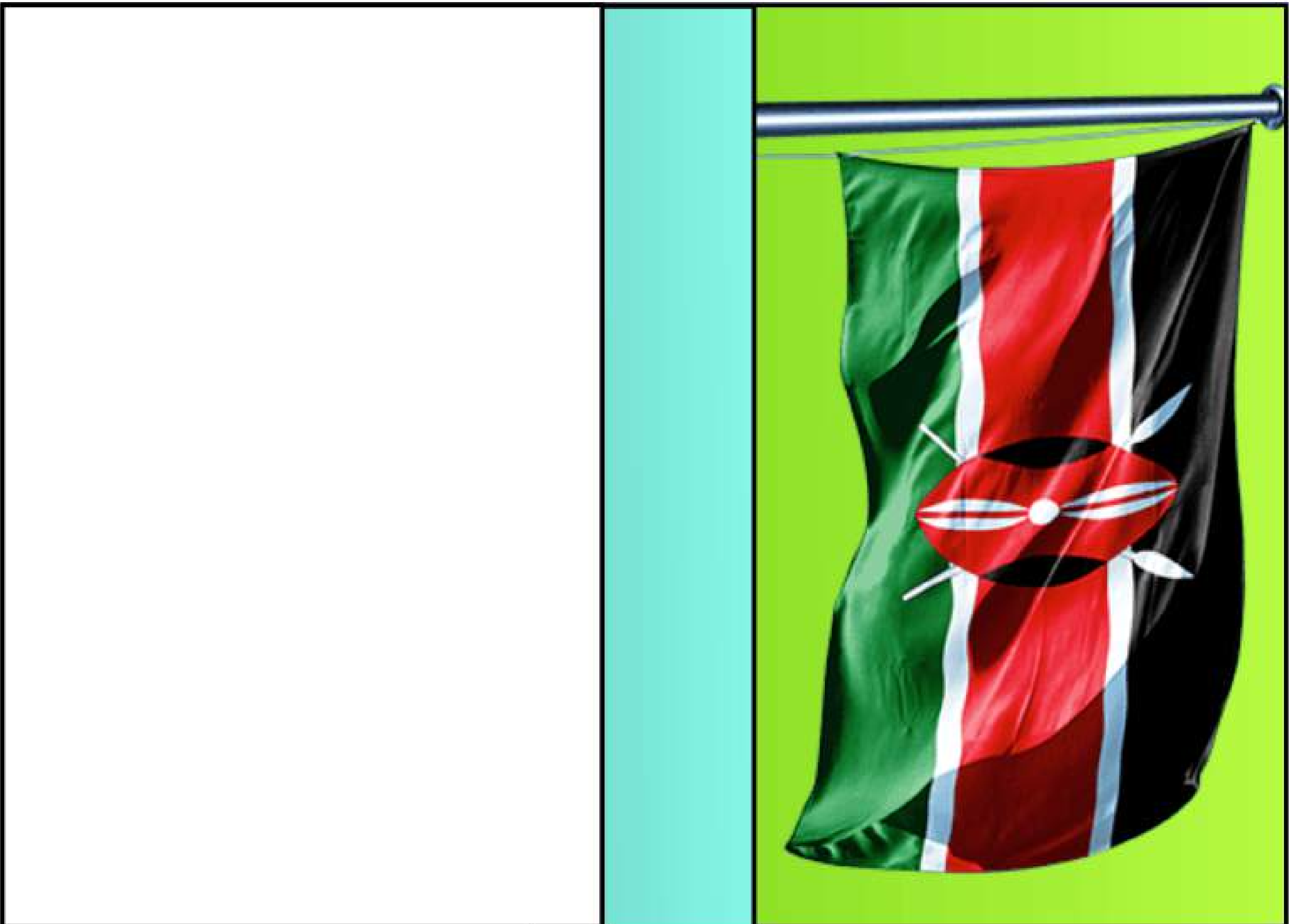
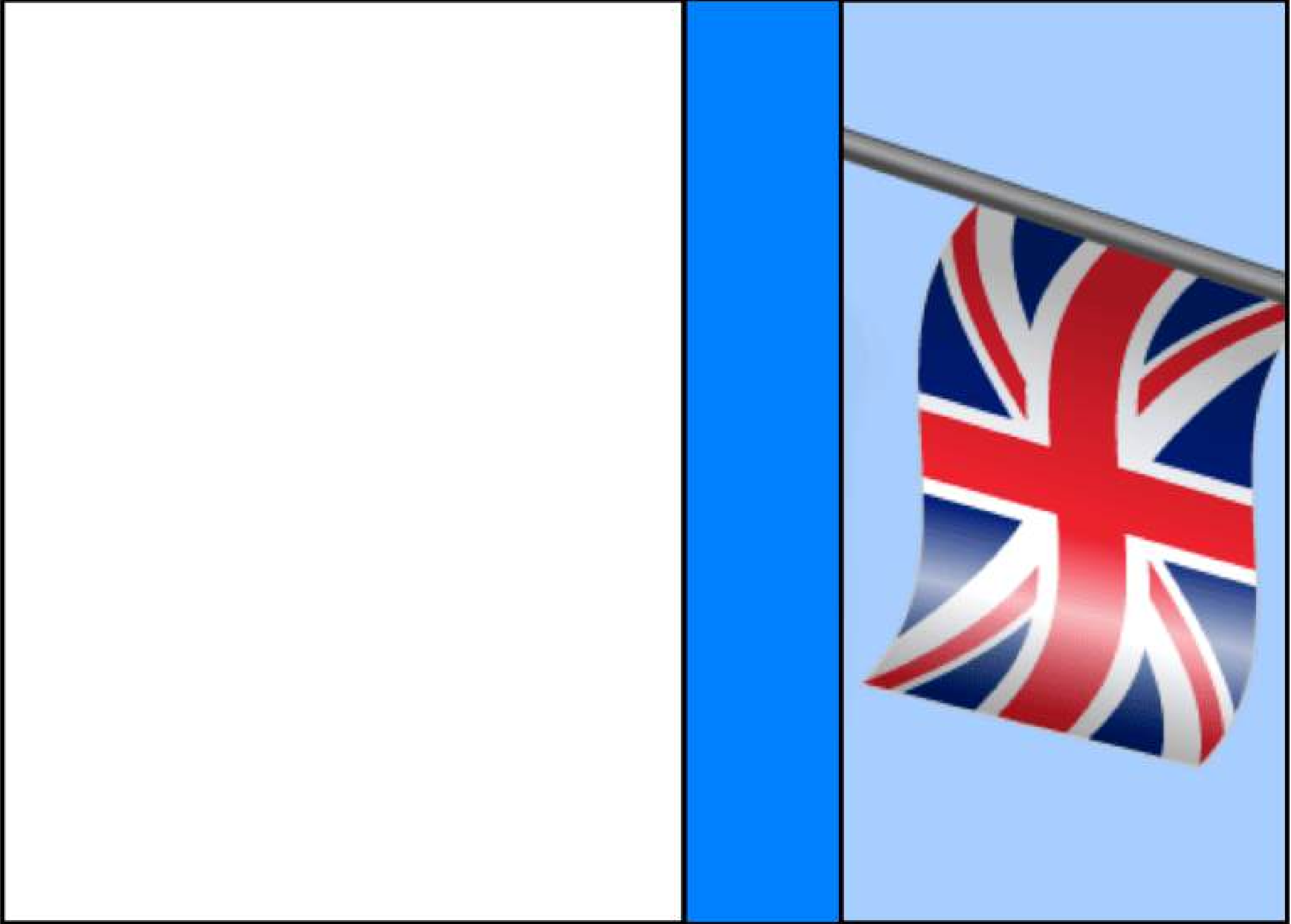


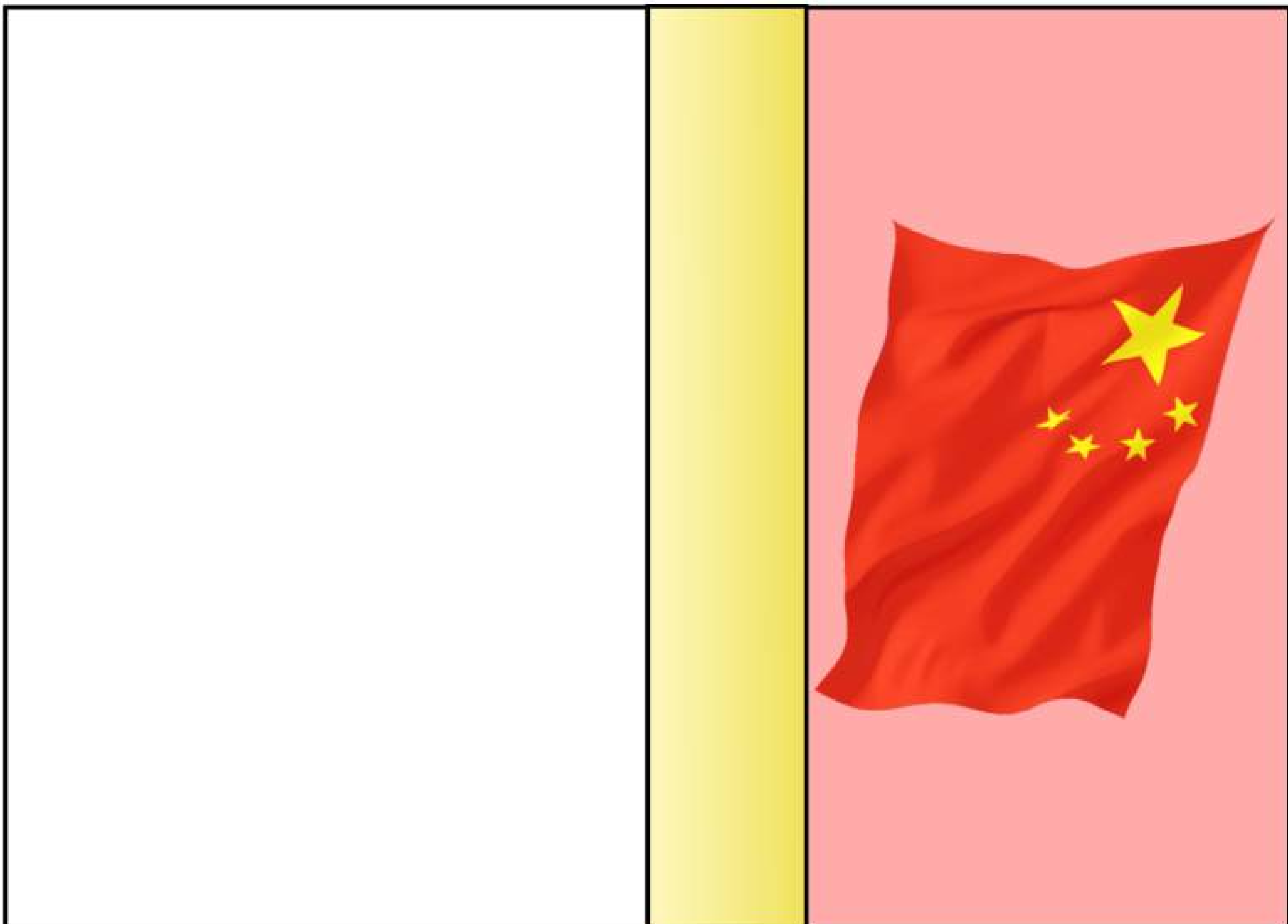
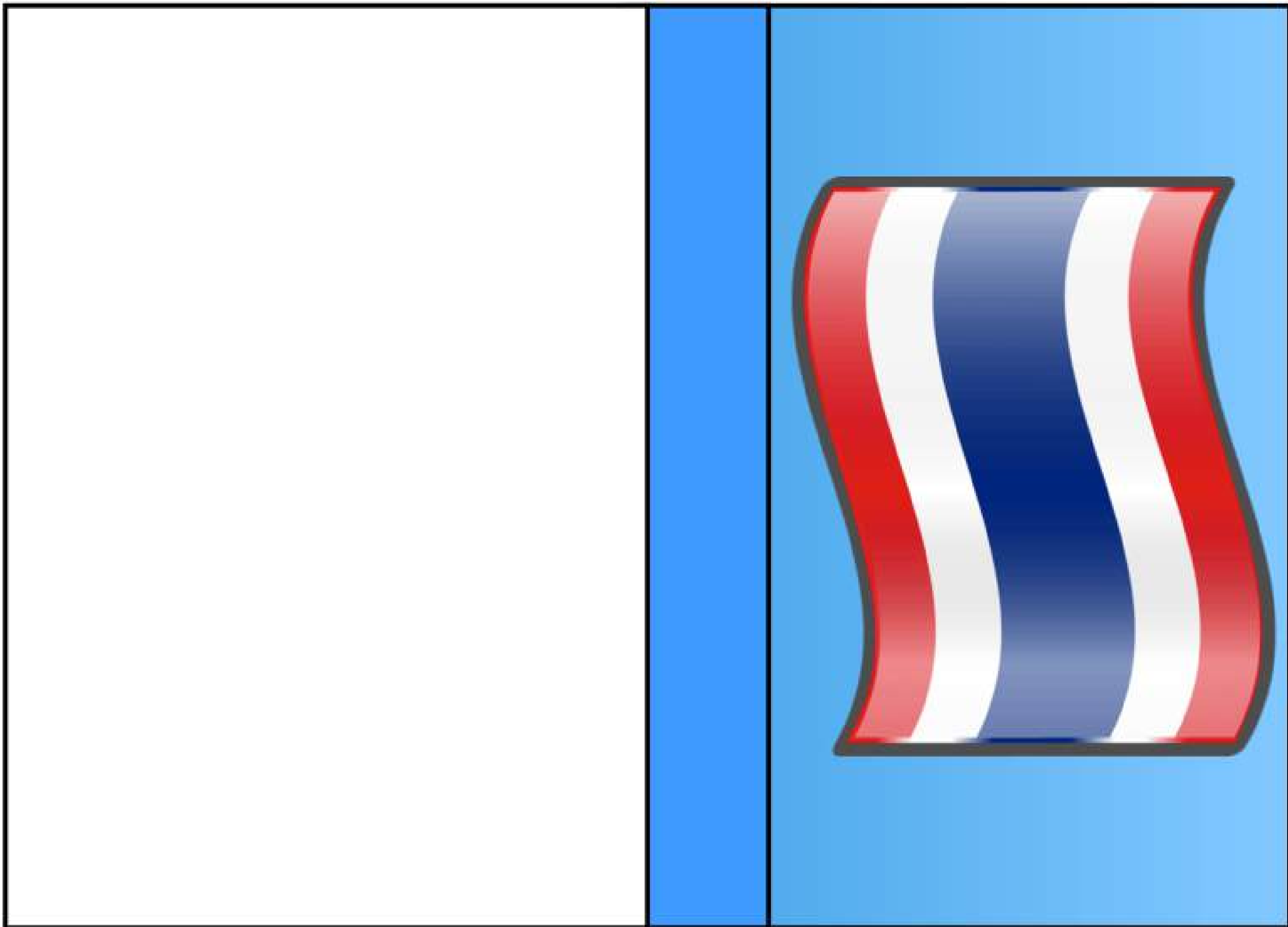
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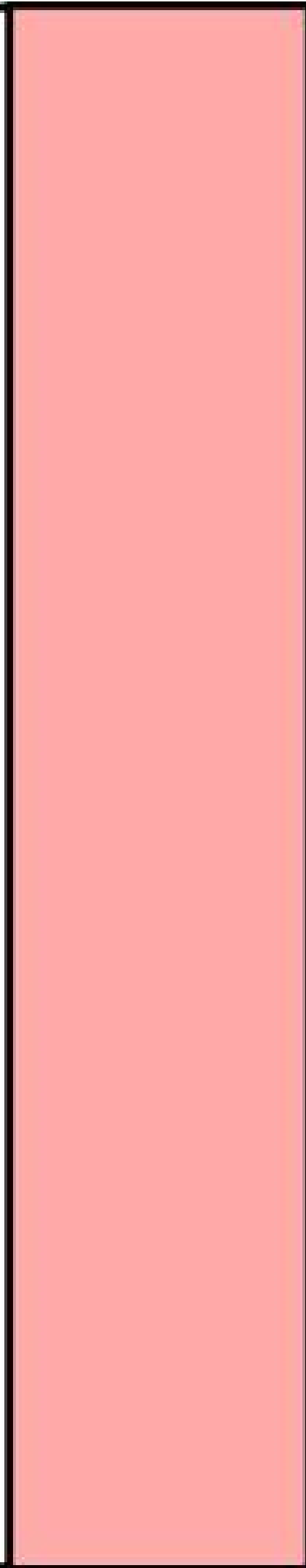
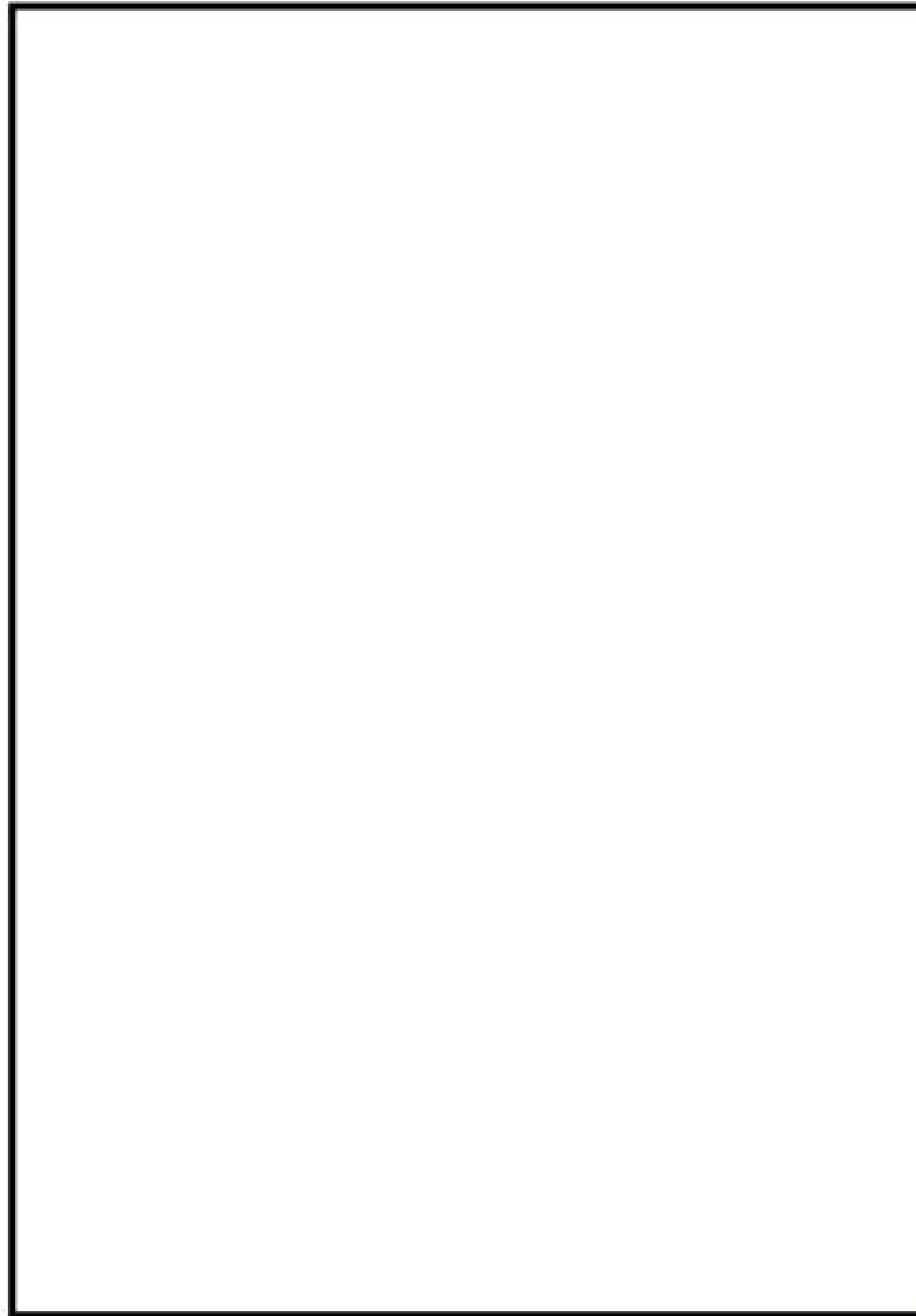
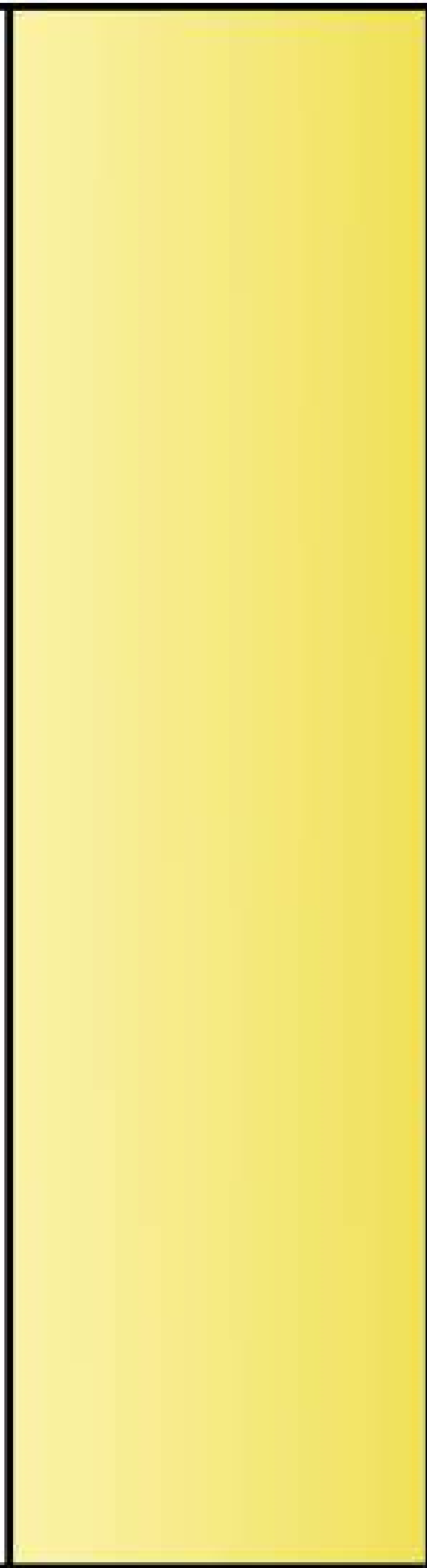
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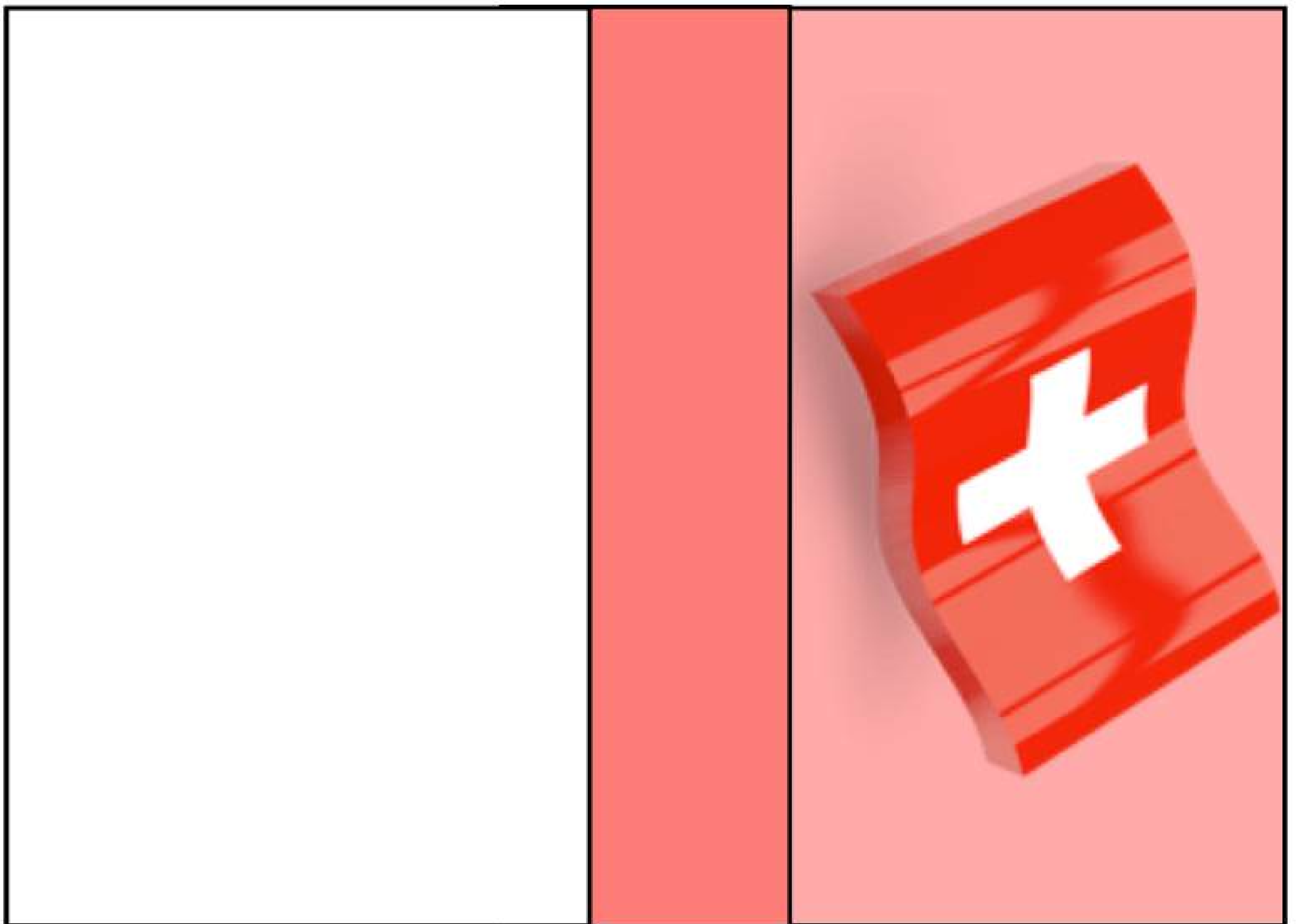
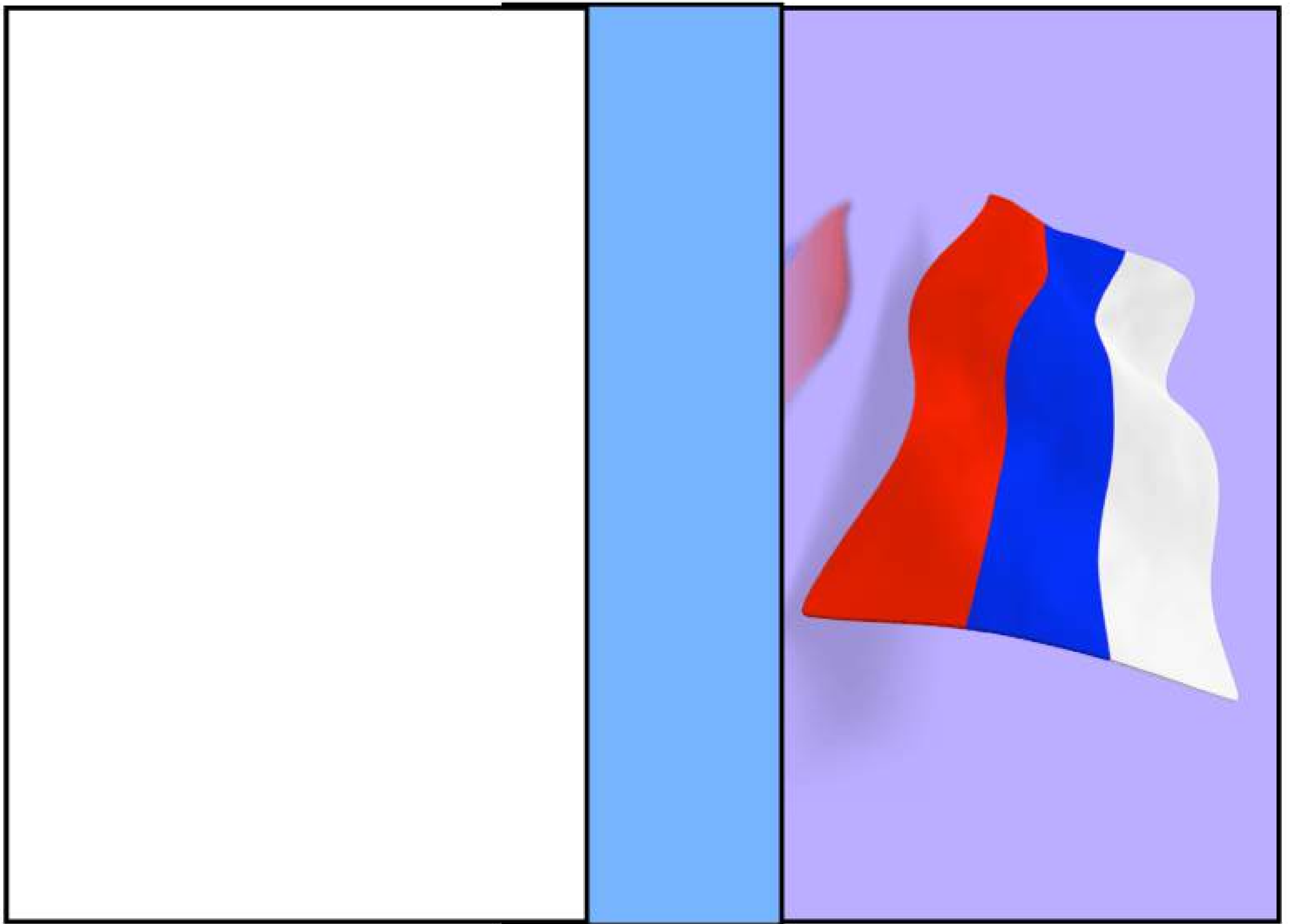


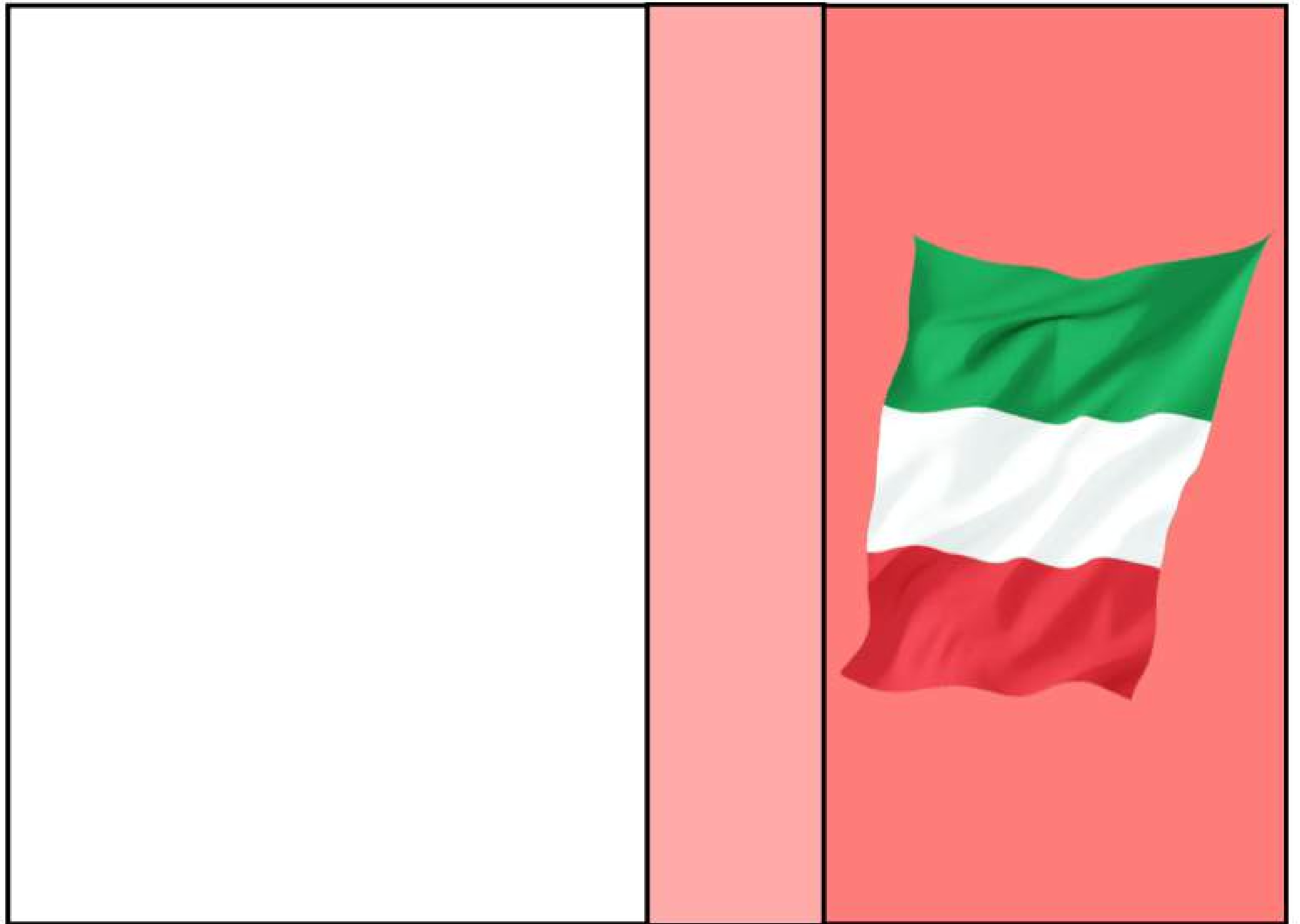
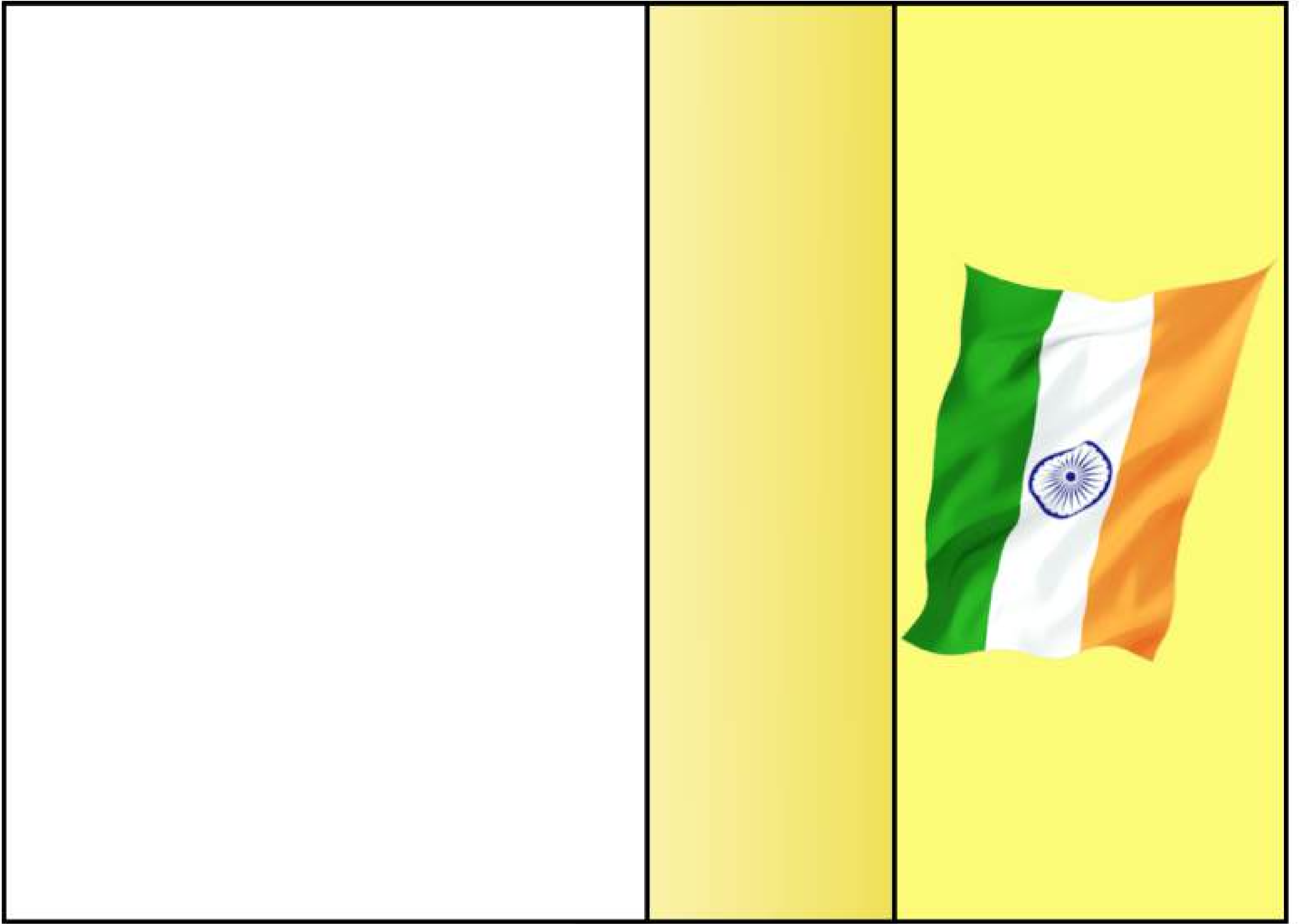


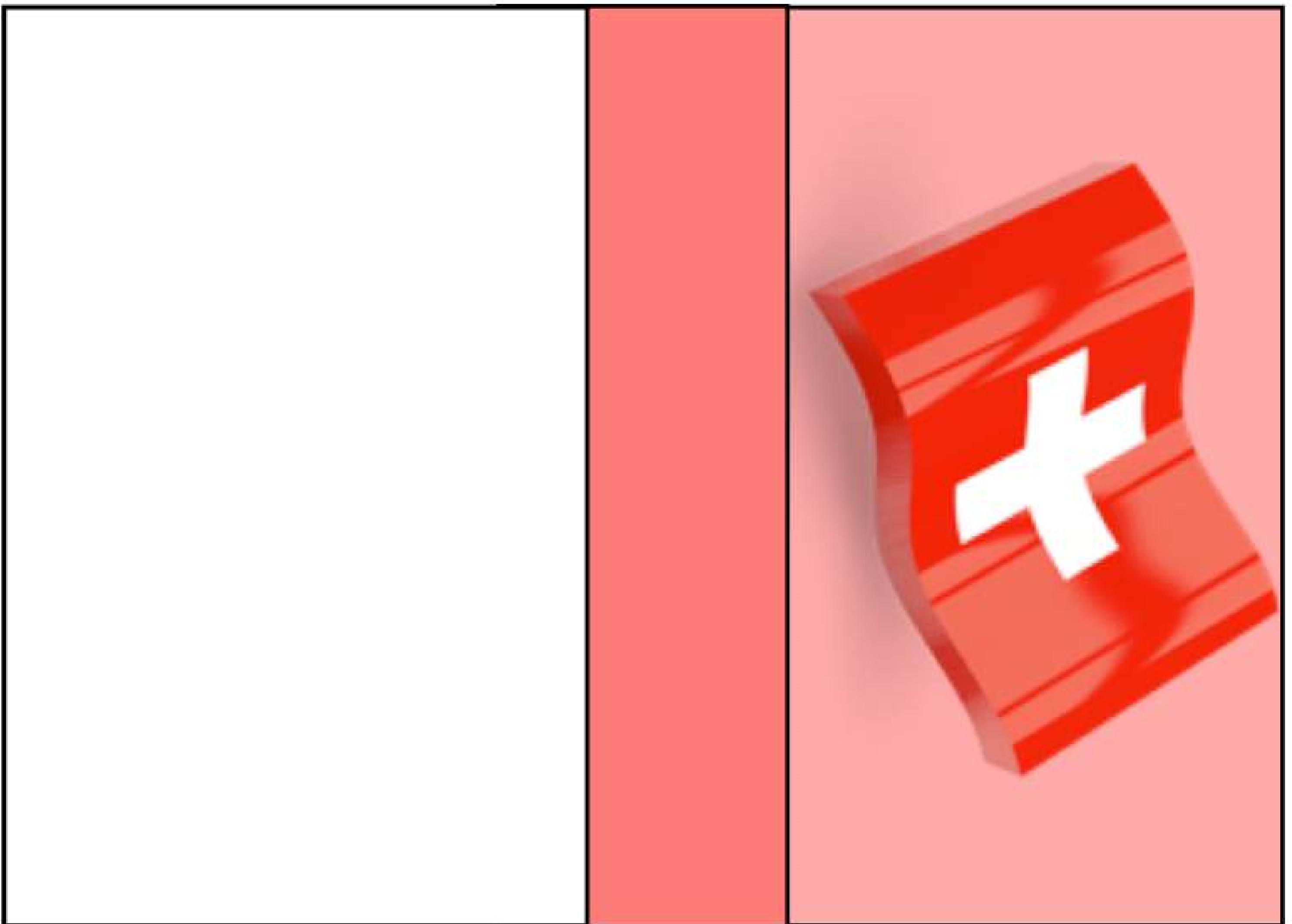
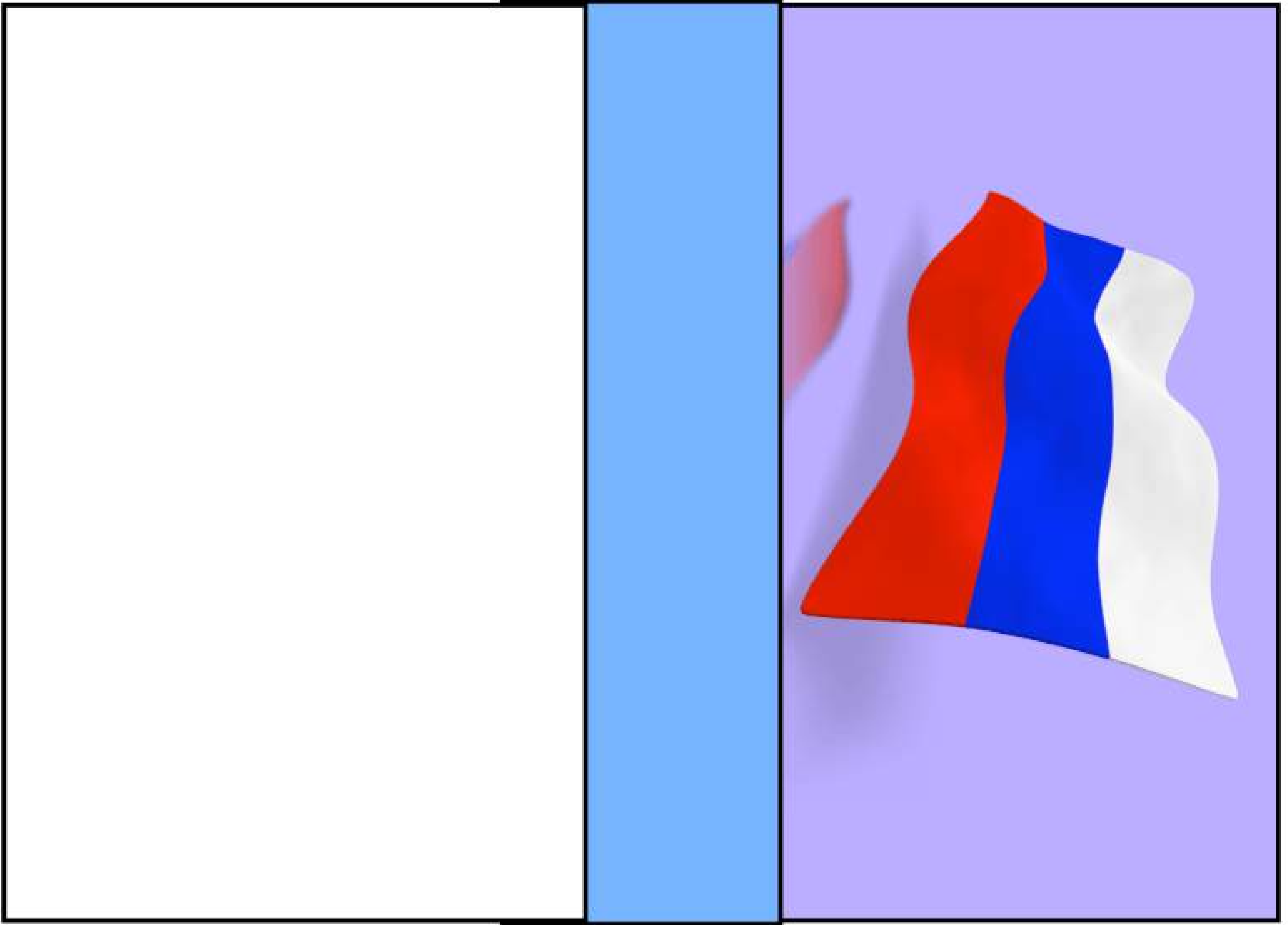


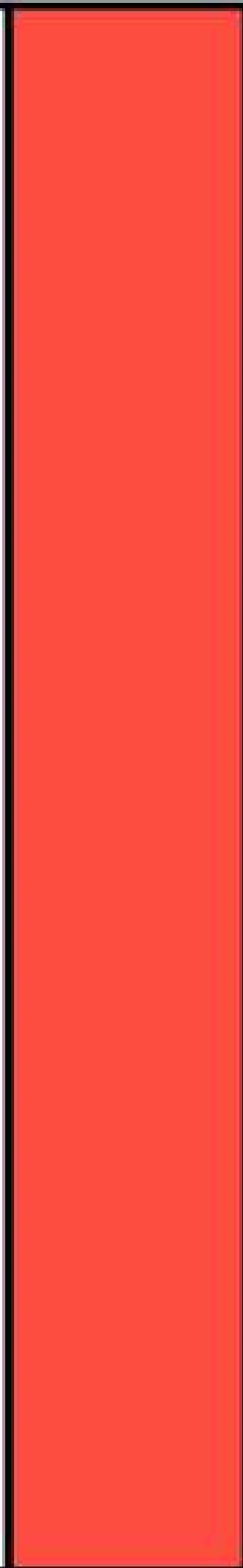
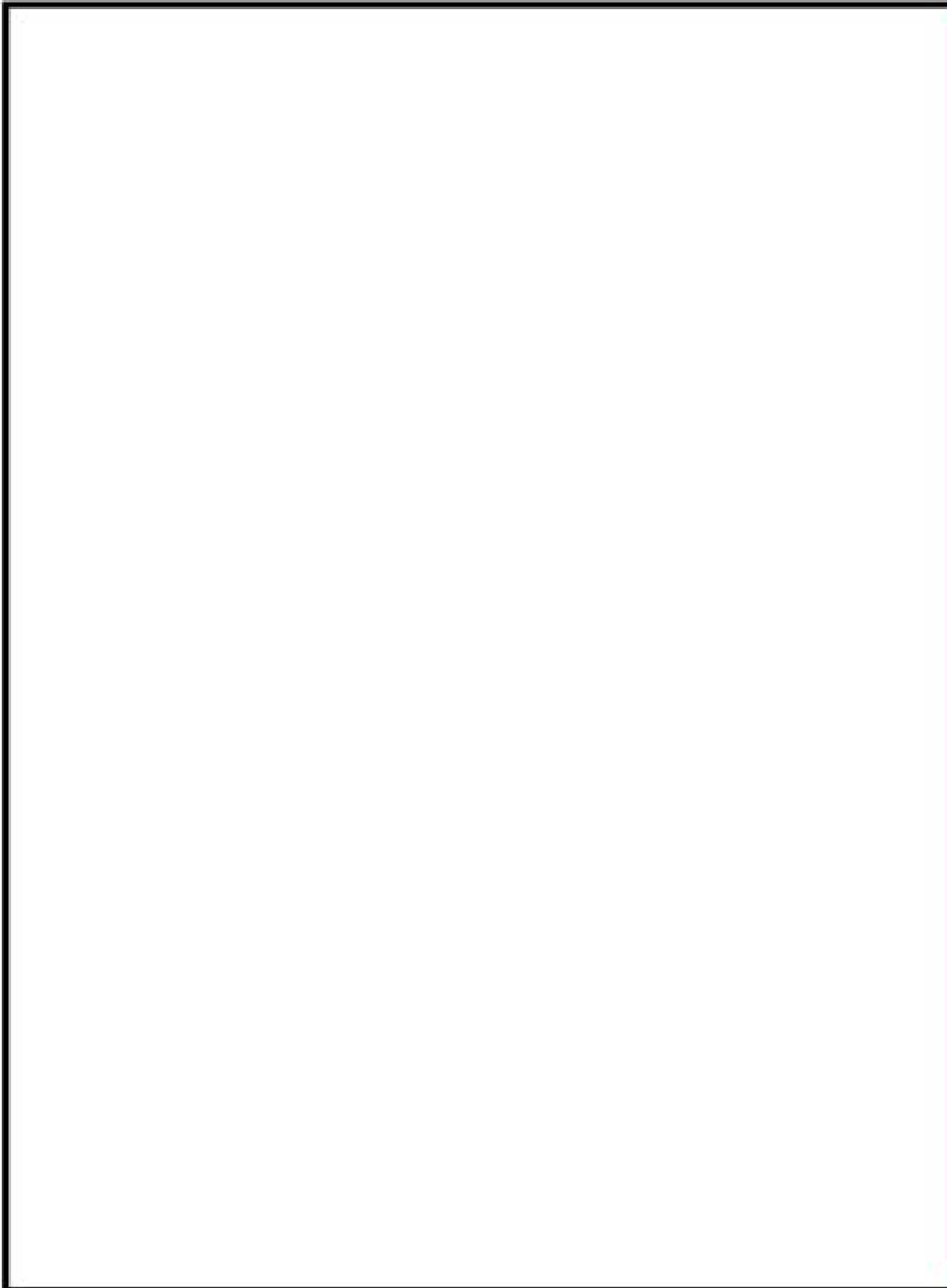
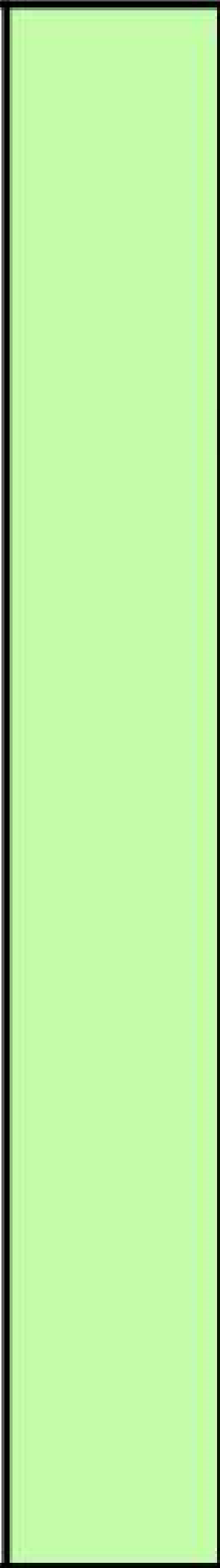
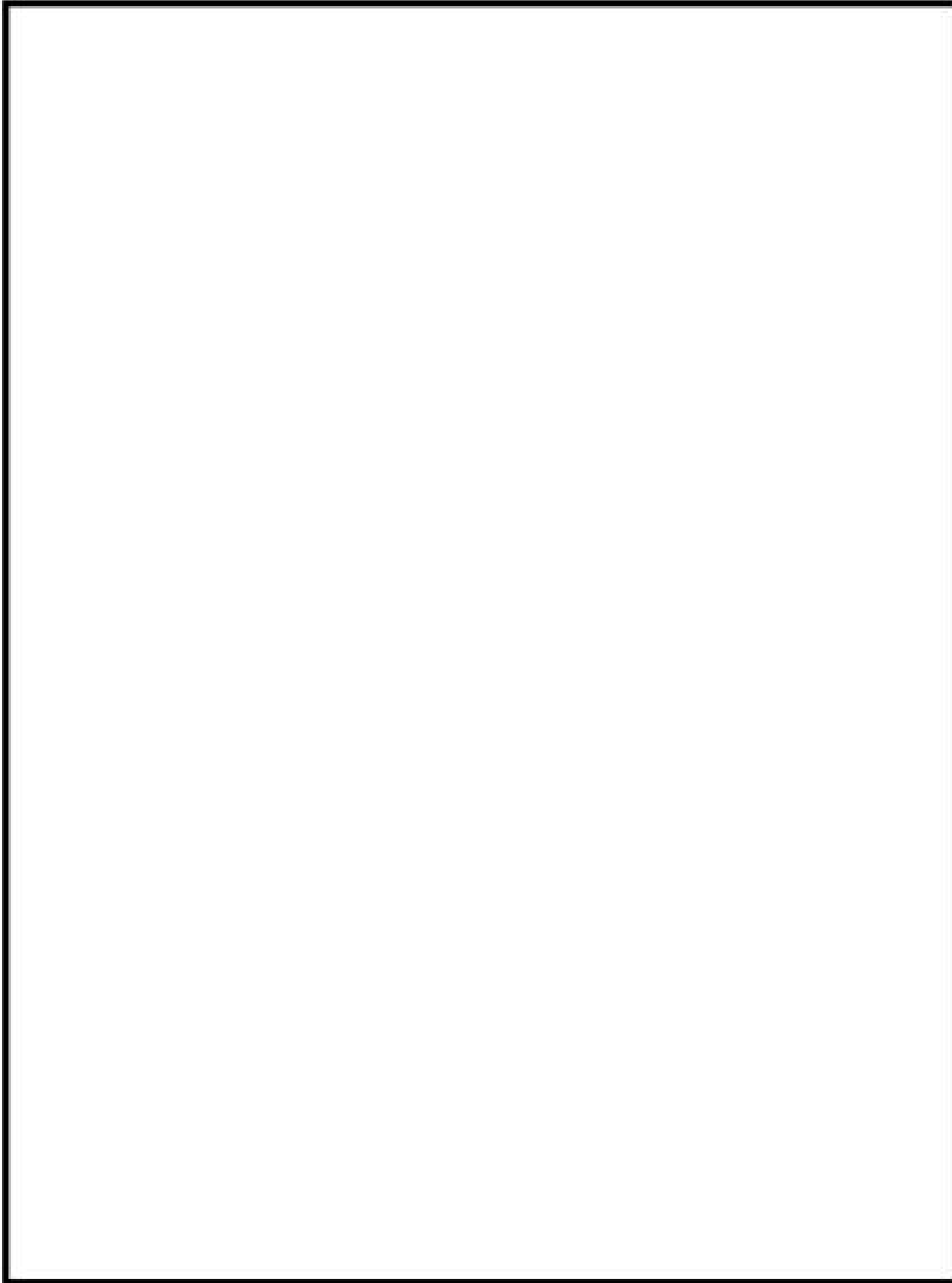


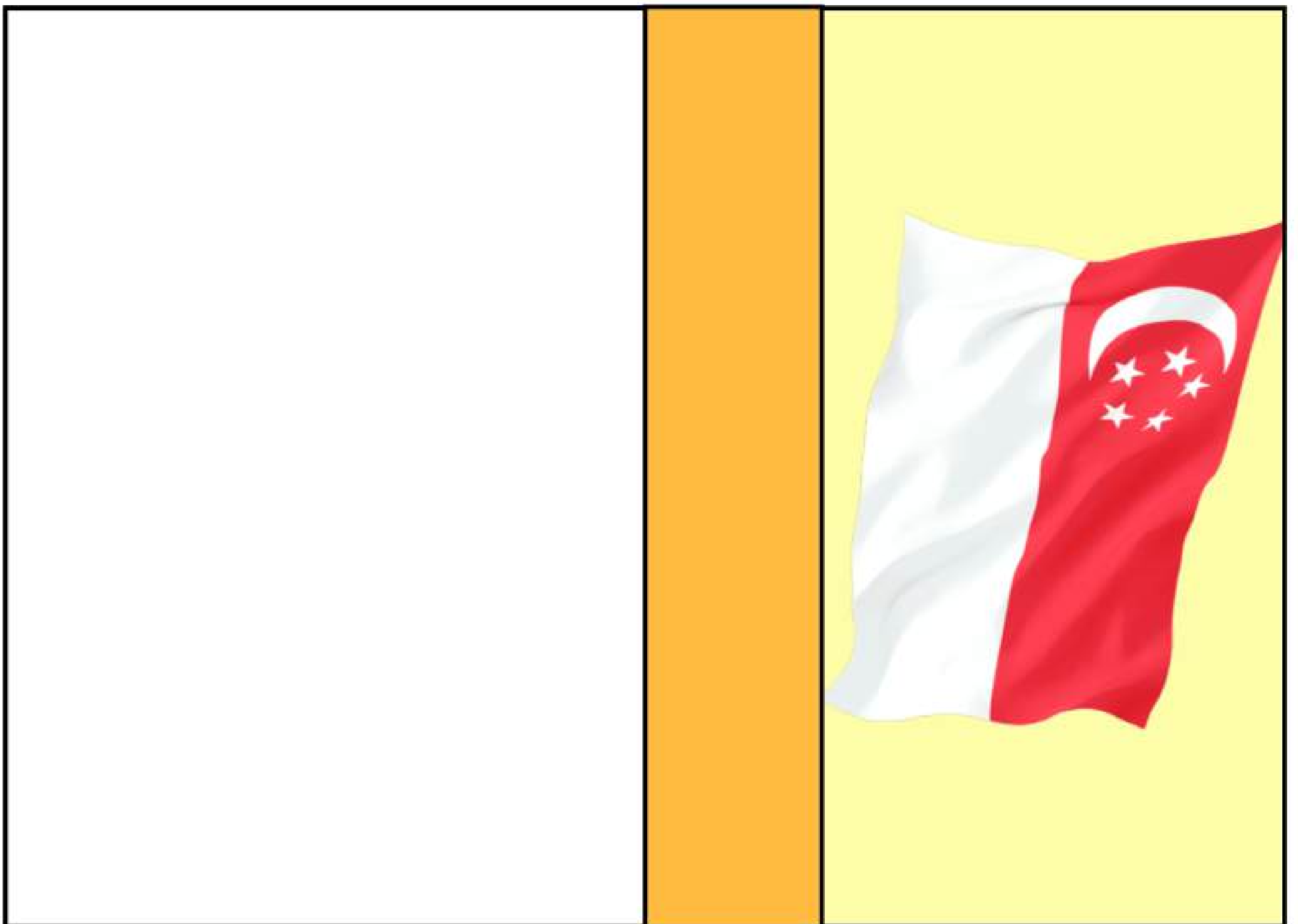
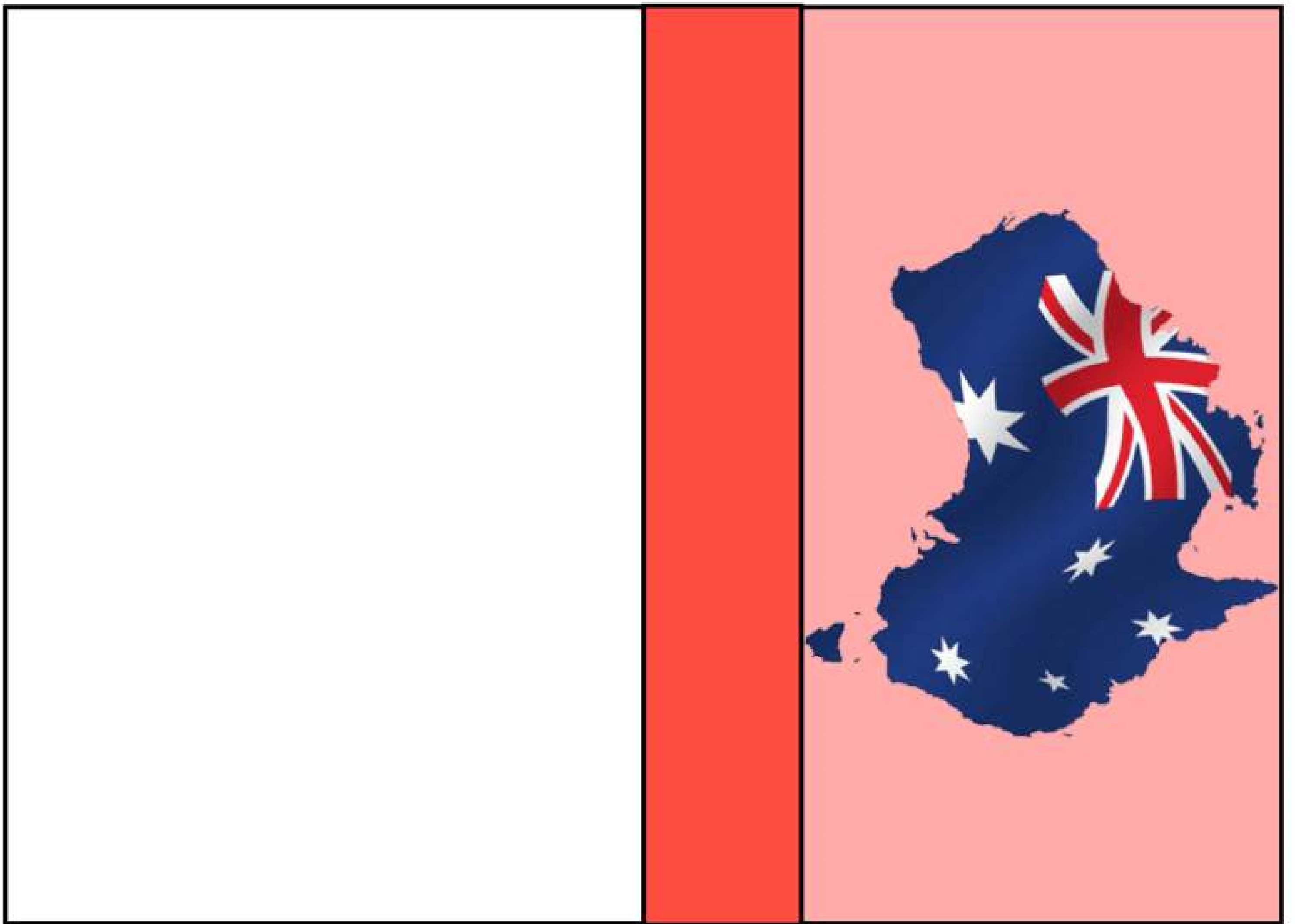


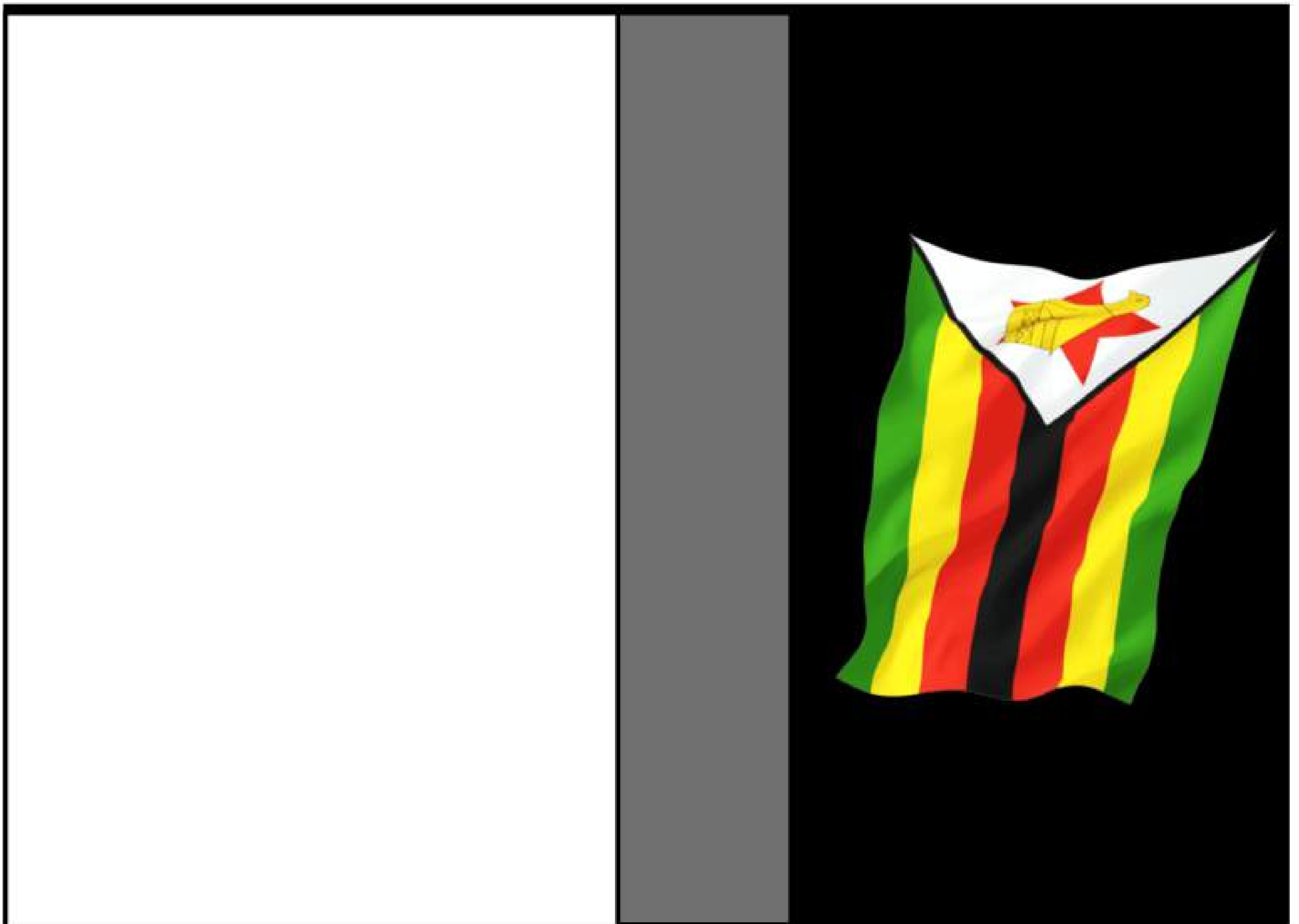
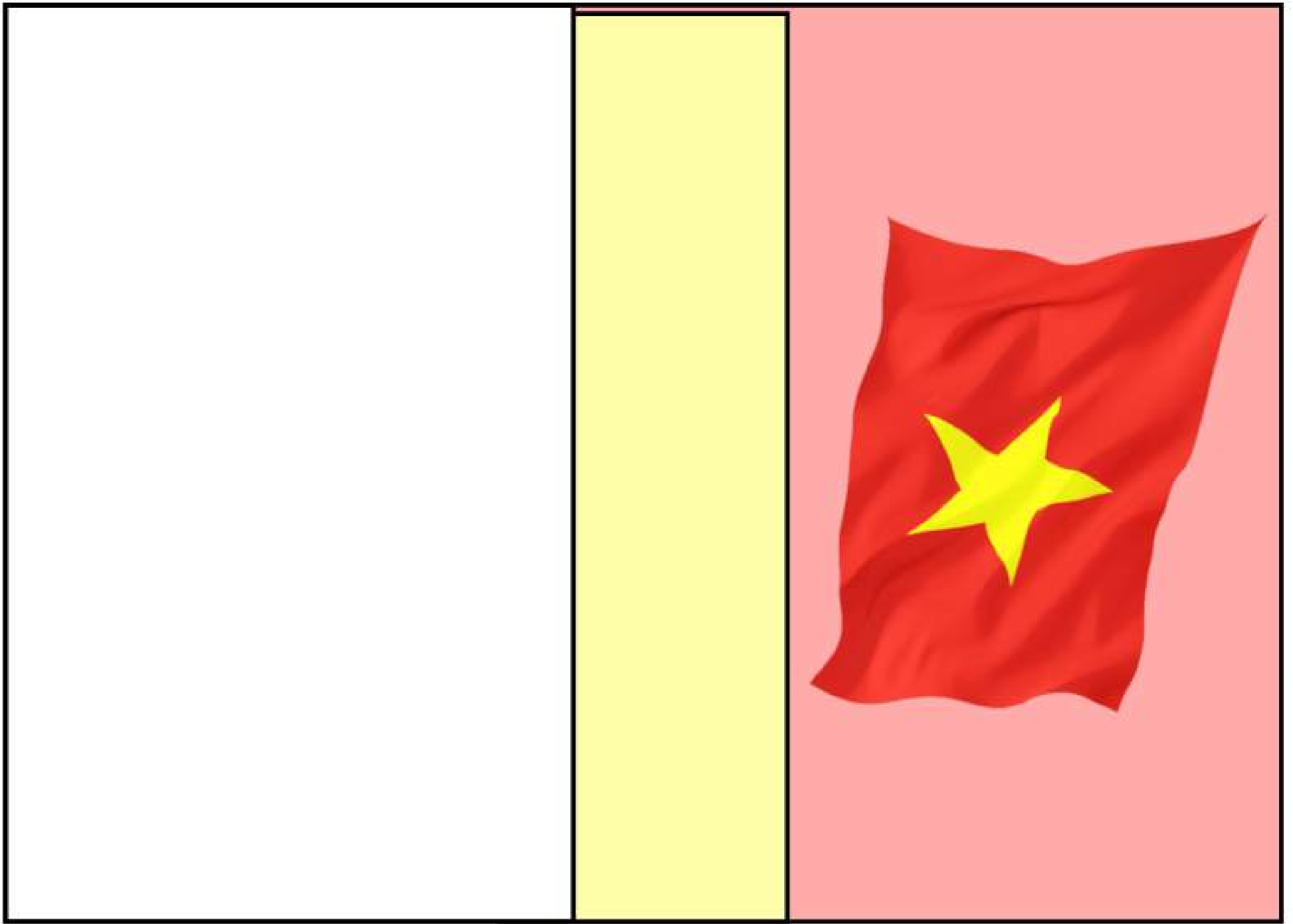


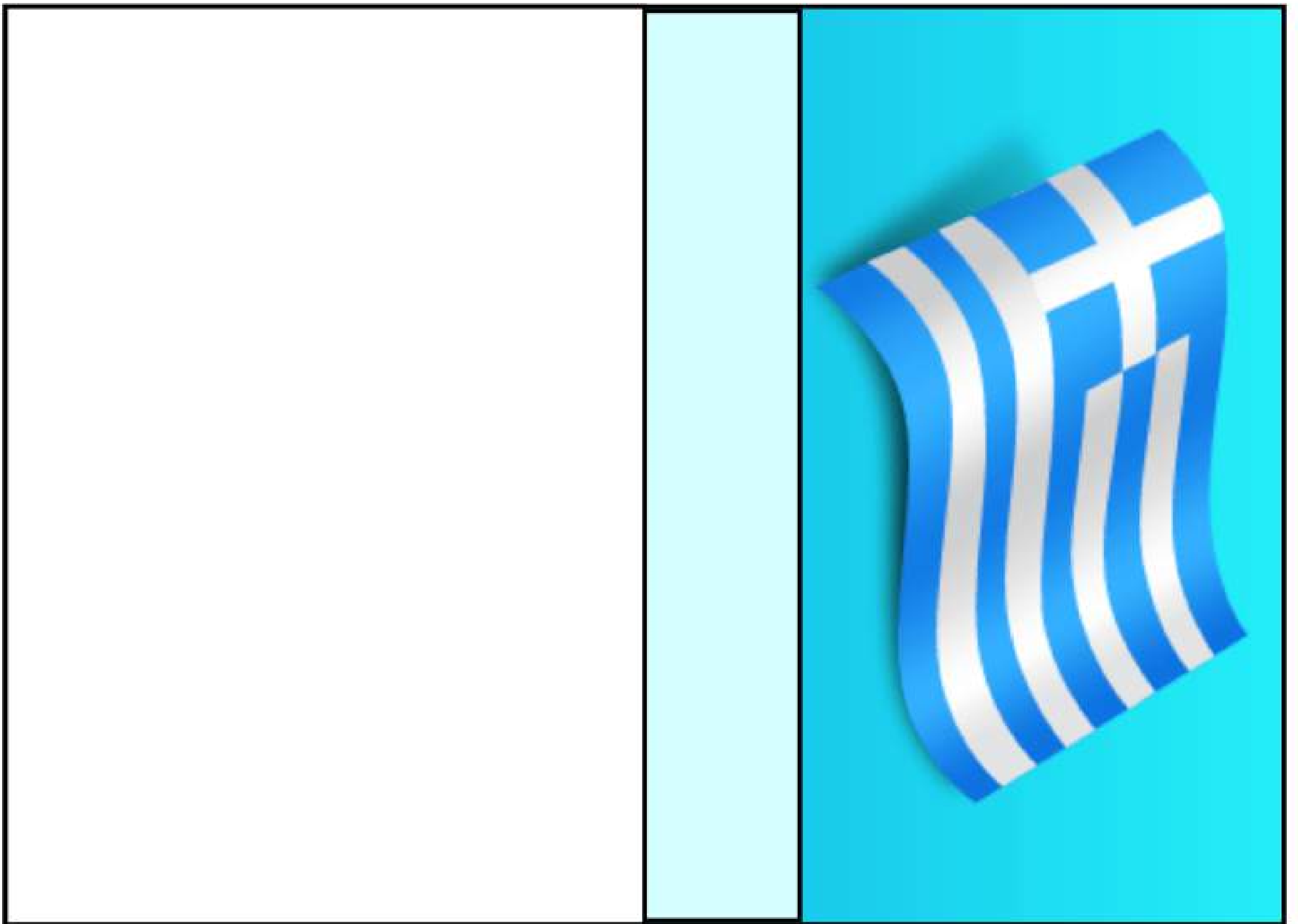












ACTIVATE

Lucky Dip - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



ACTIVATE

Lucky Dip - PICK A CARD
AND PERFORM THE
INSTRUCTIONS



FESTIVAL

LUCKY DIP - PICK A CARD
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ACTIVATE

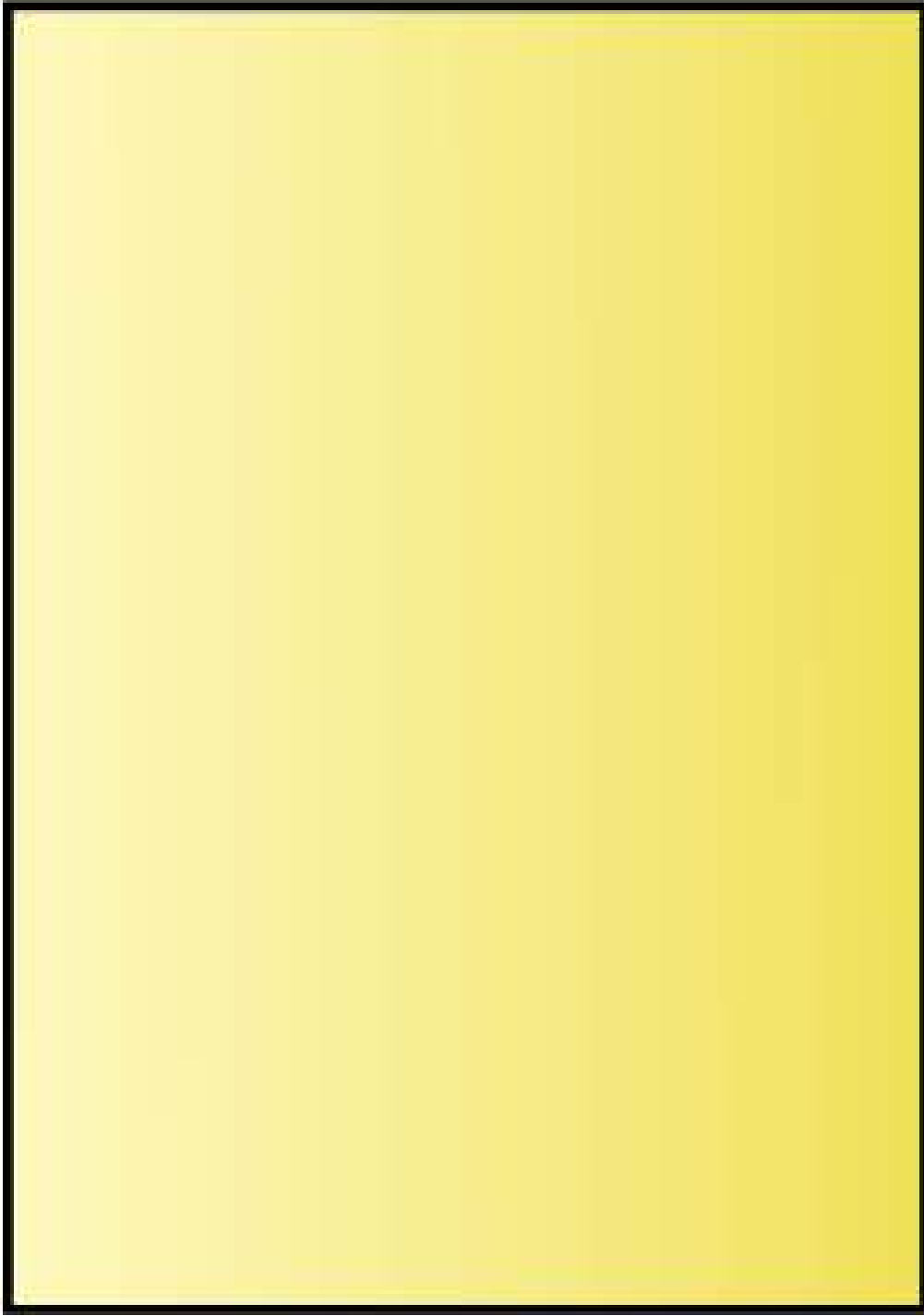
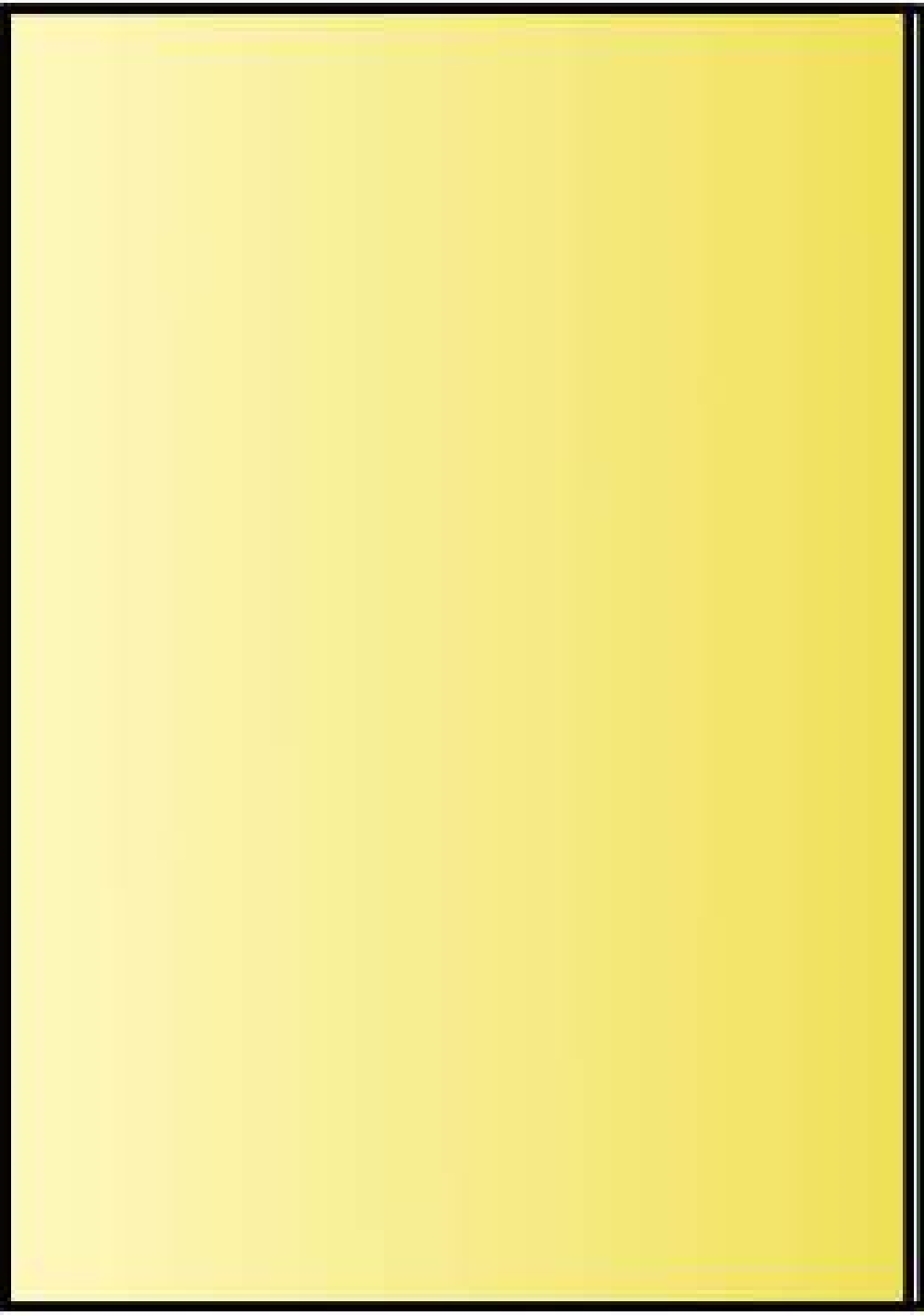
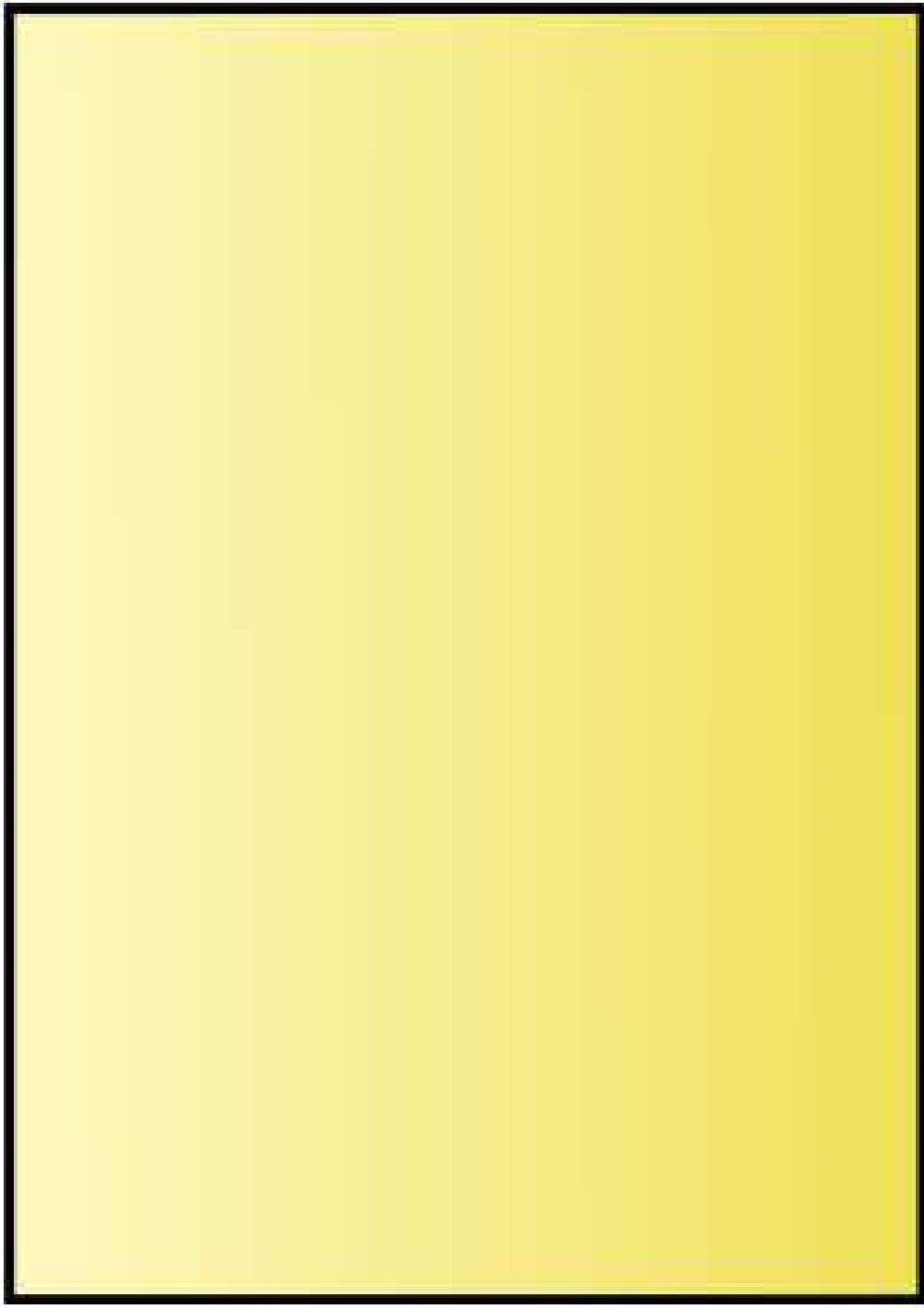
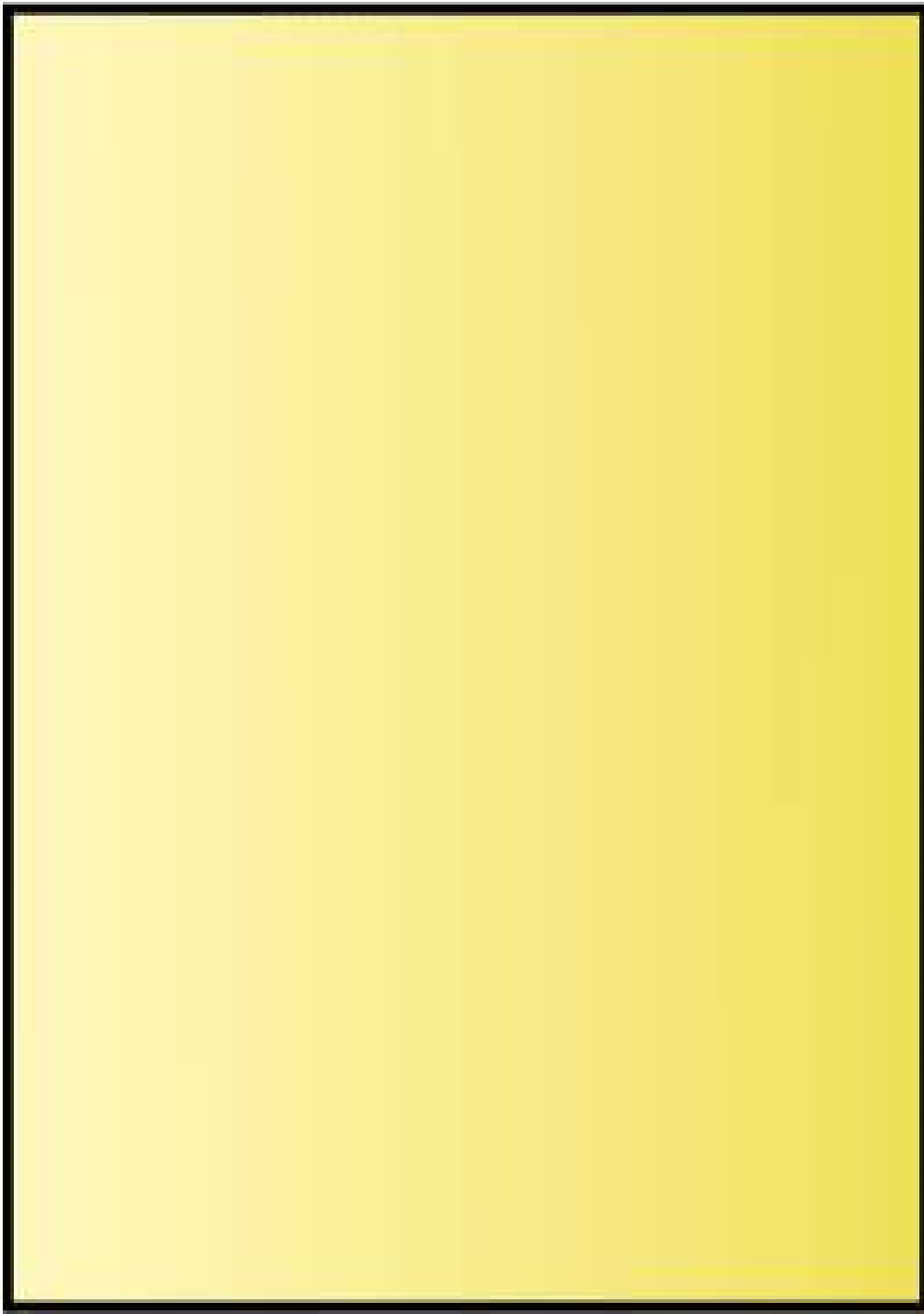
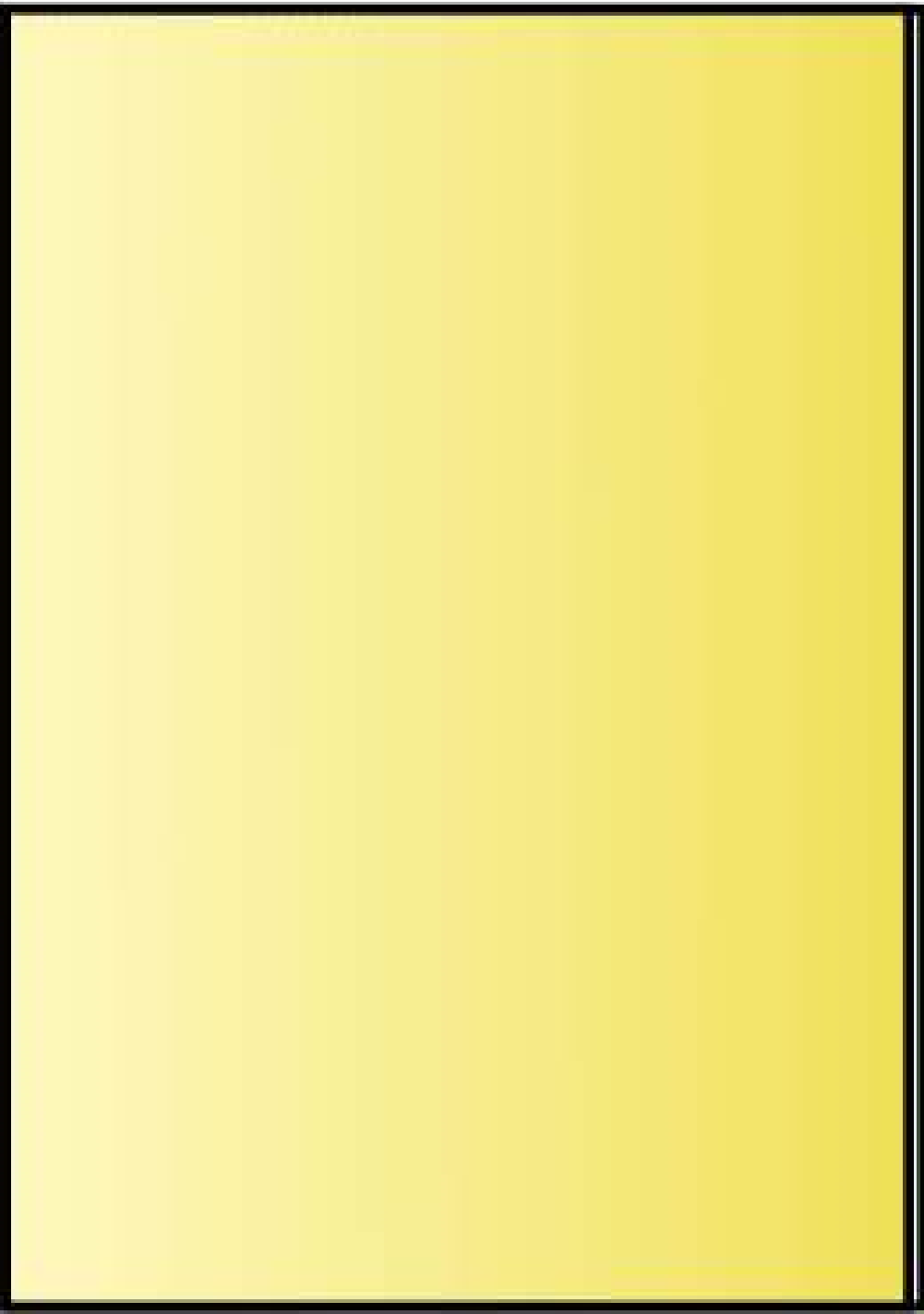
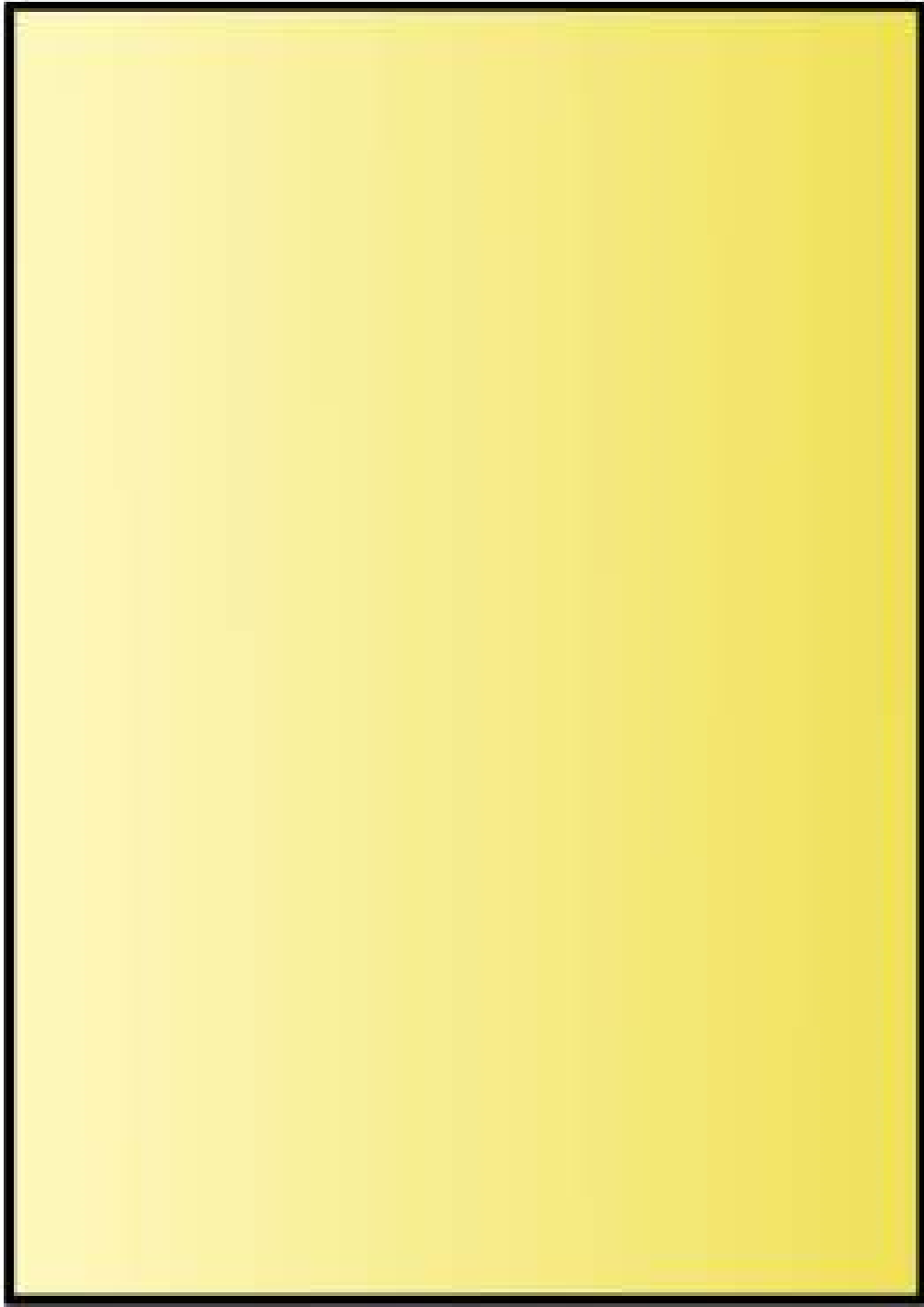
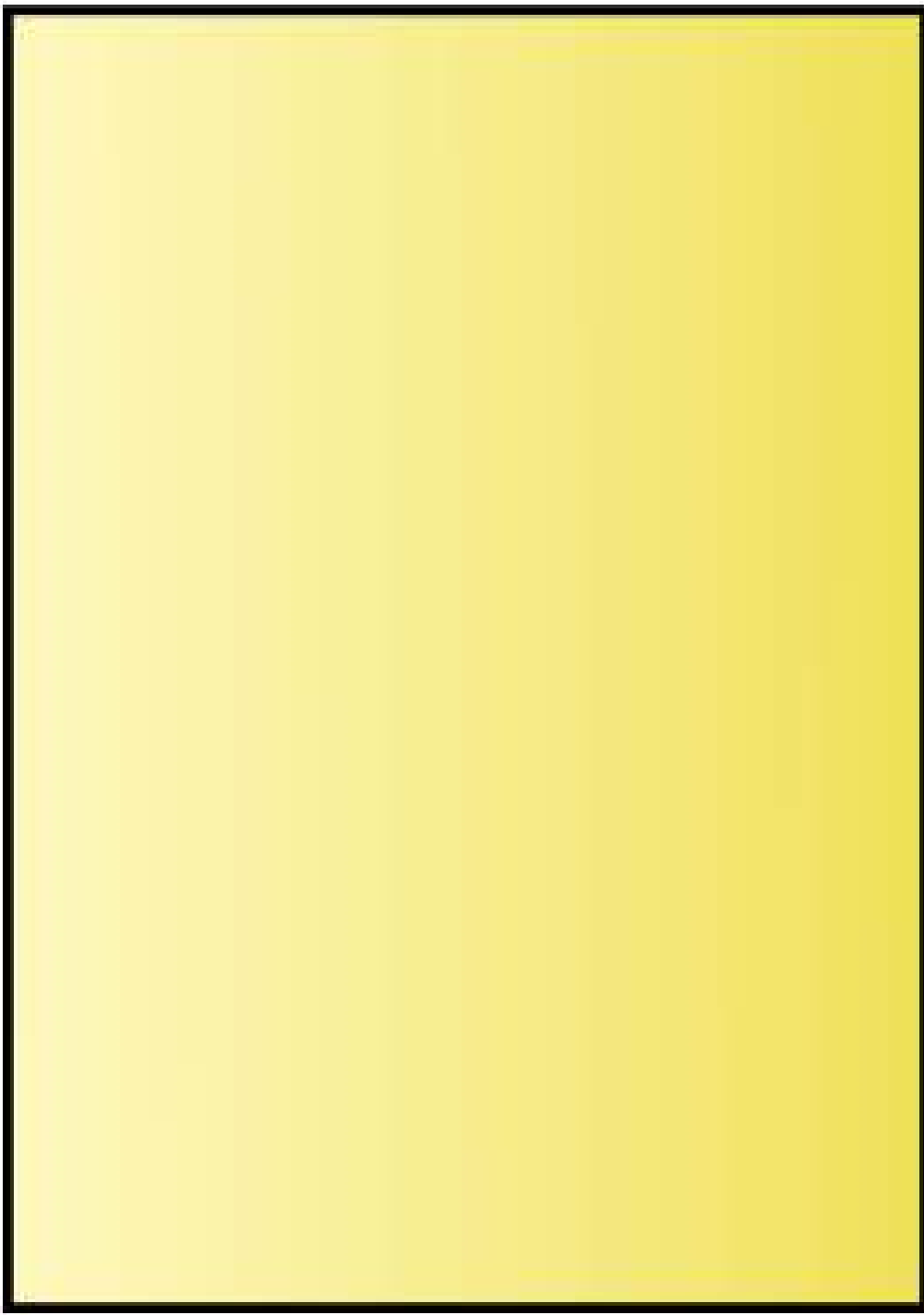
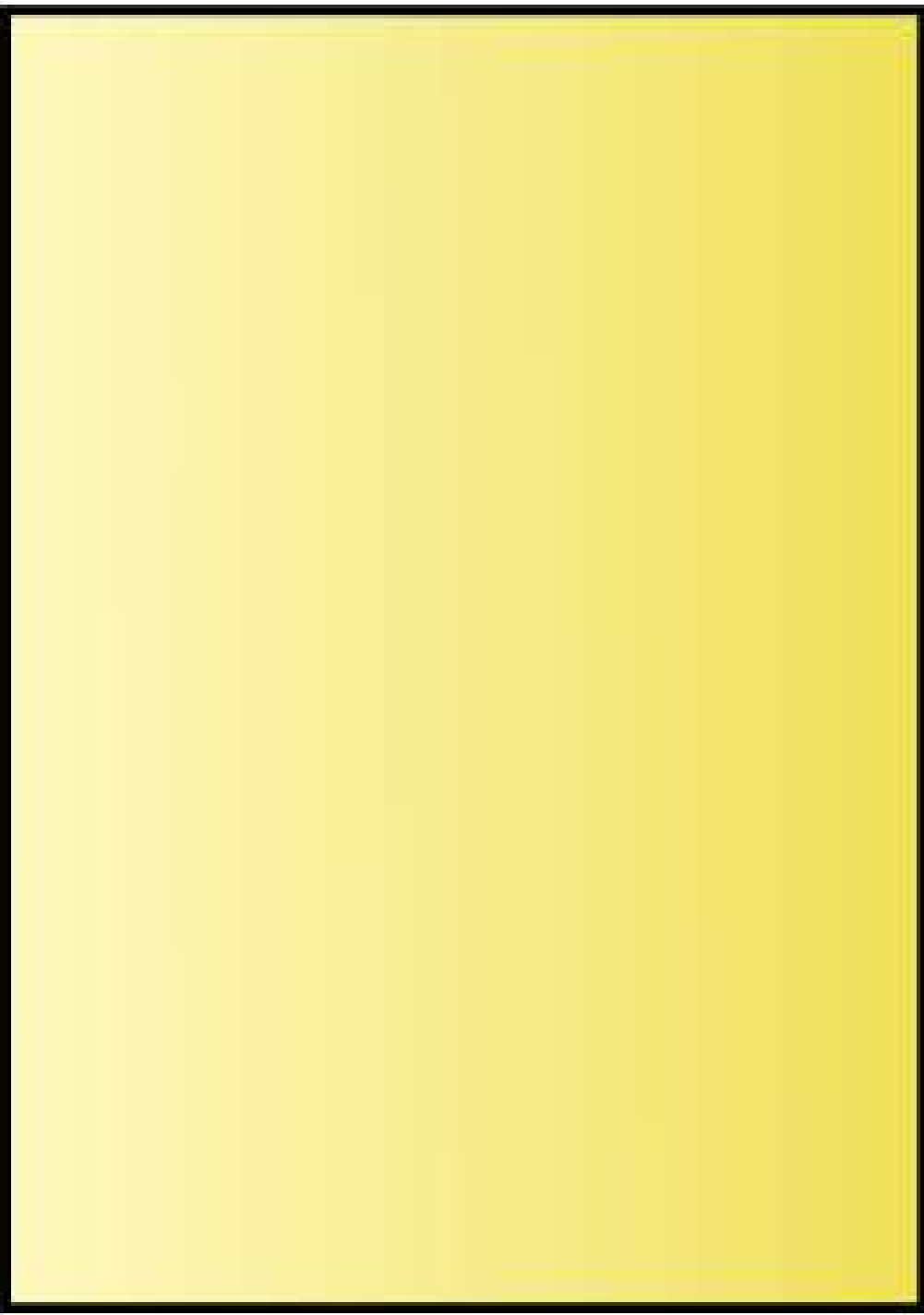
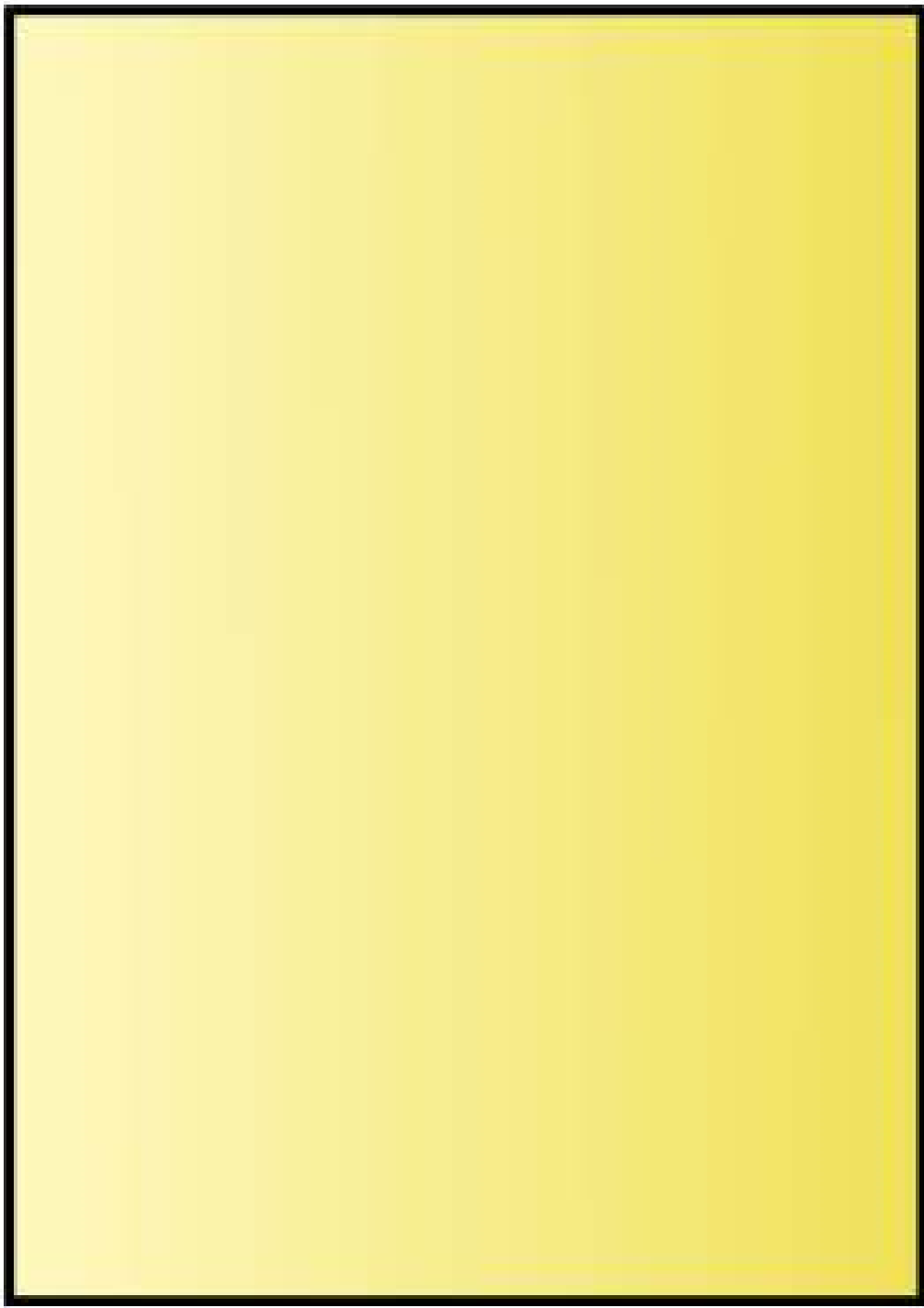
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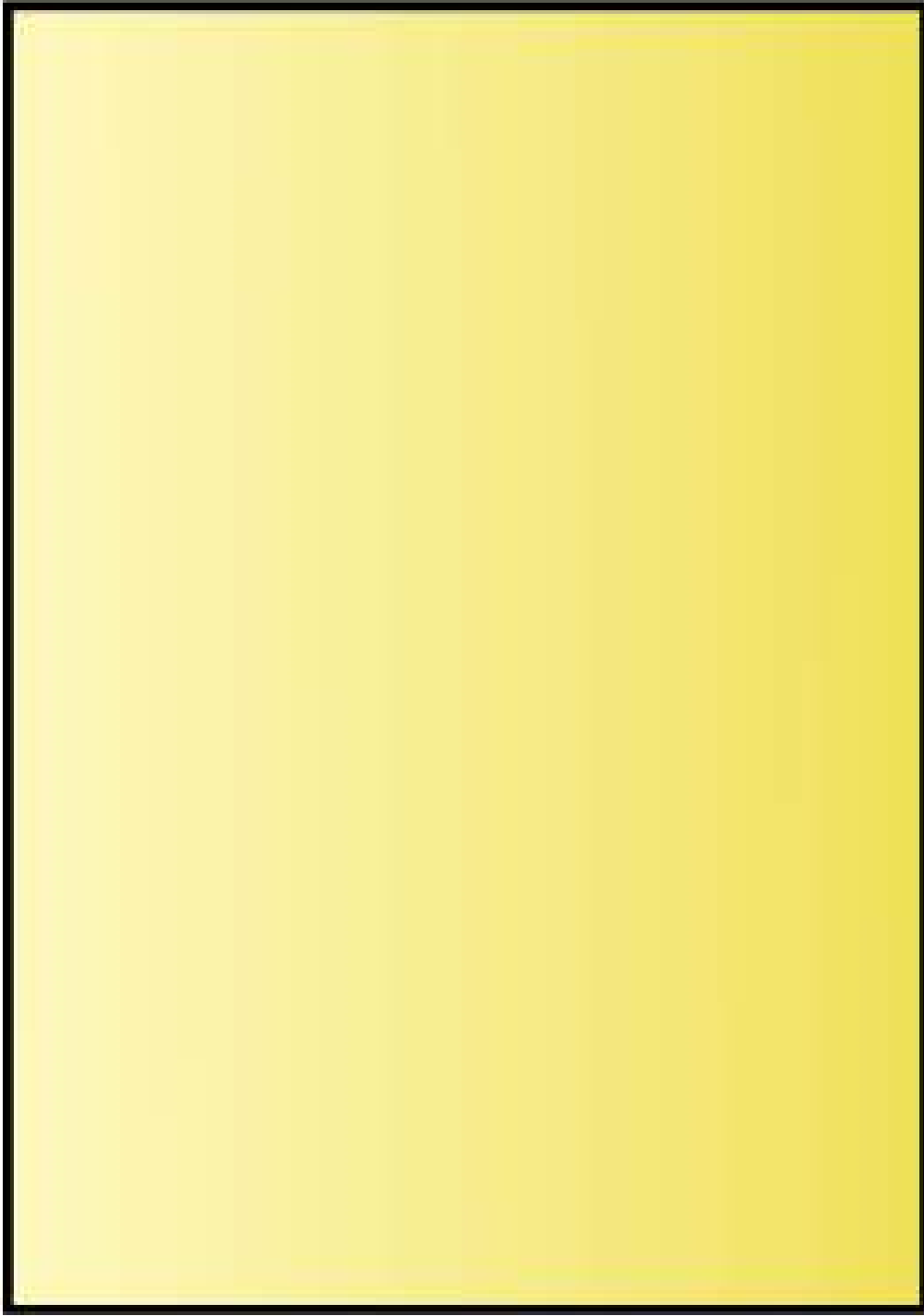
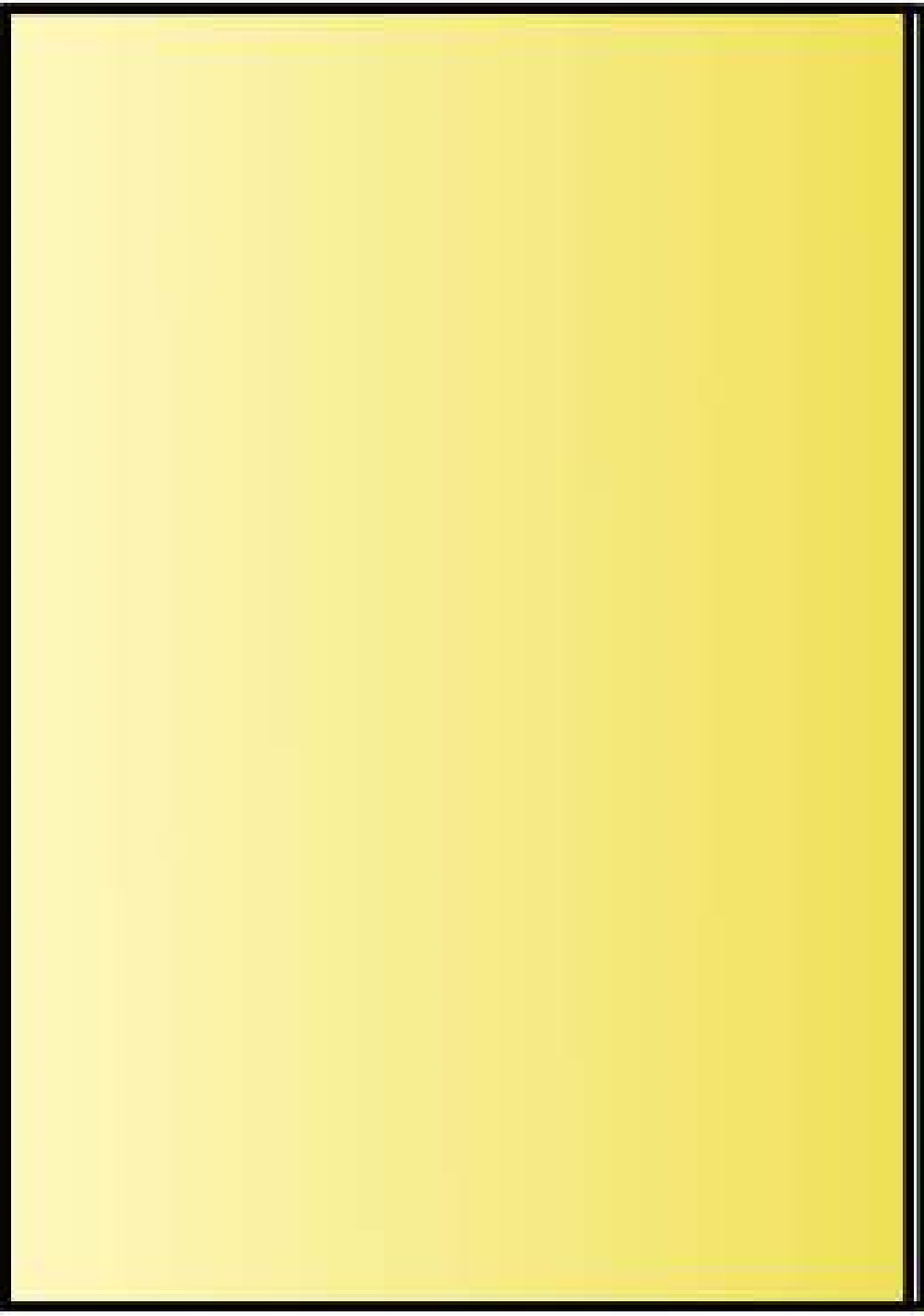
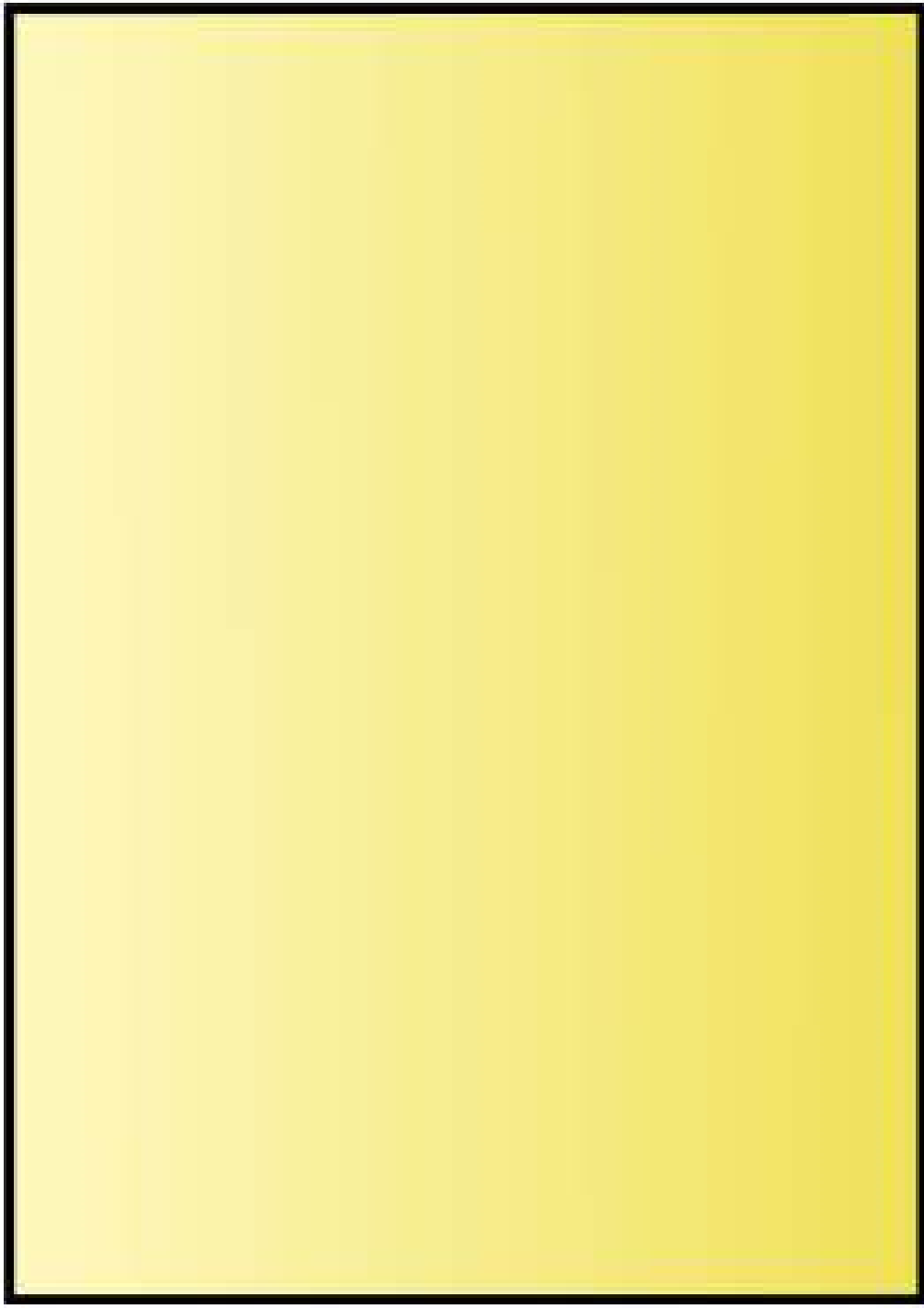
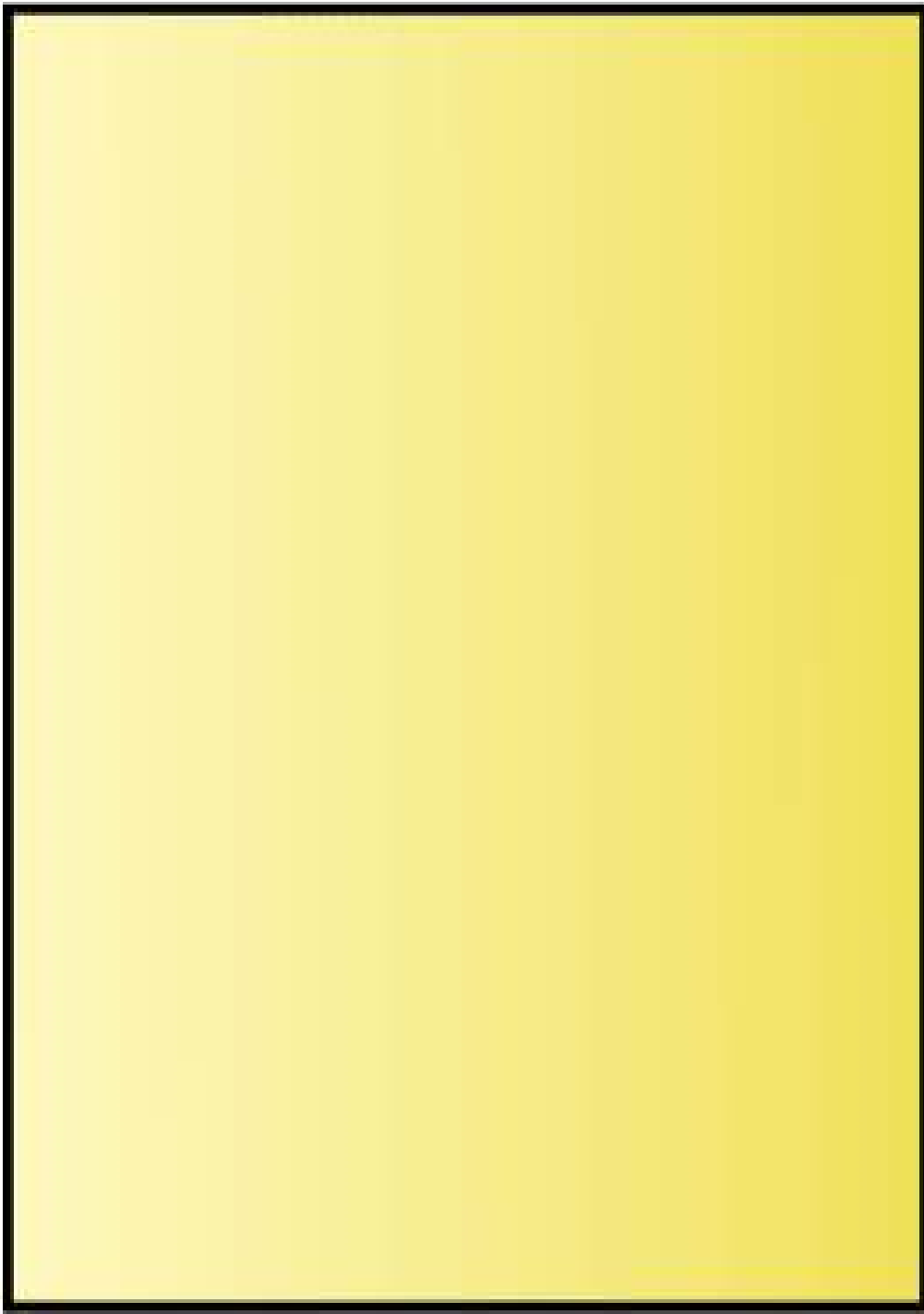
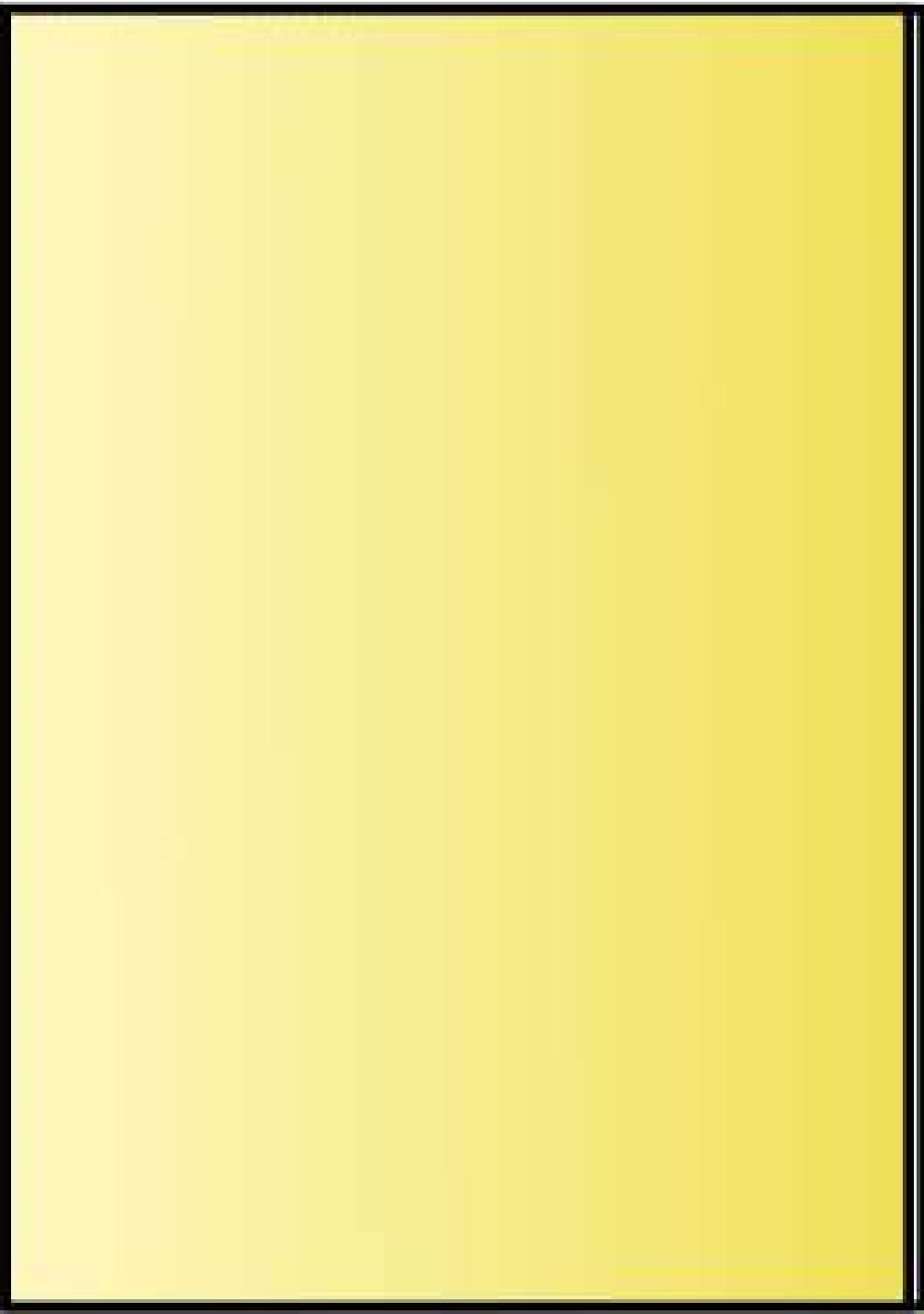
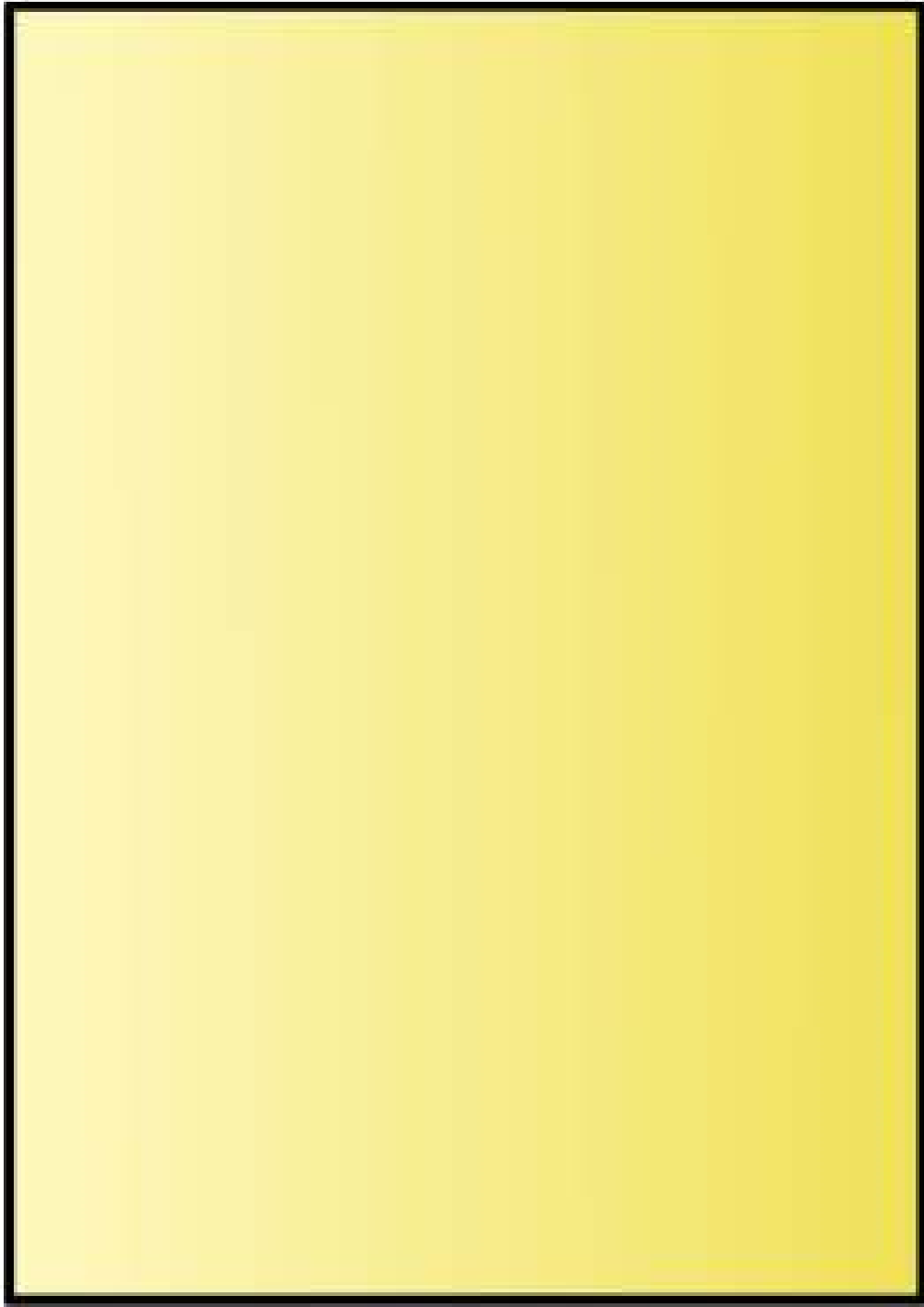
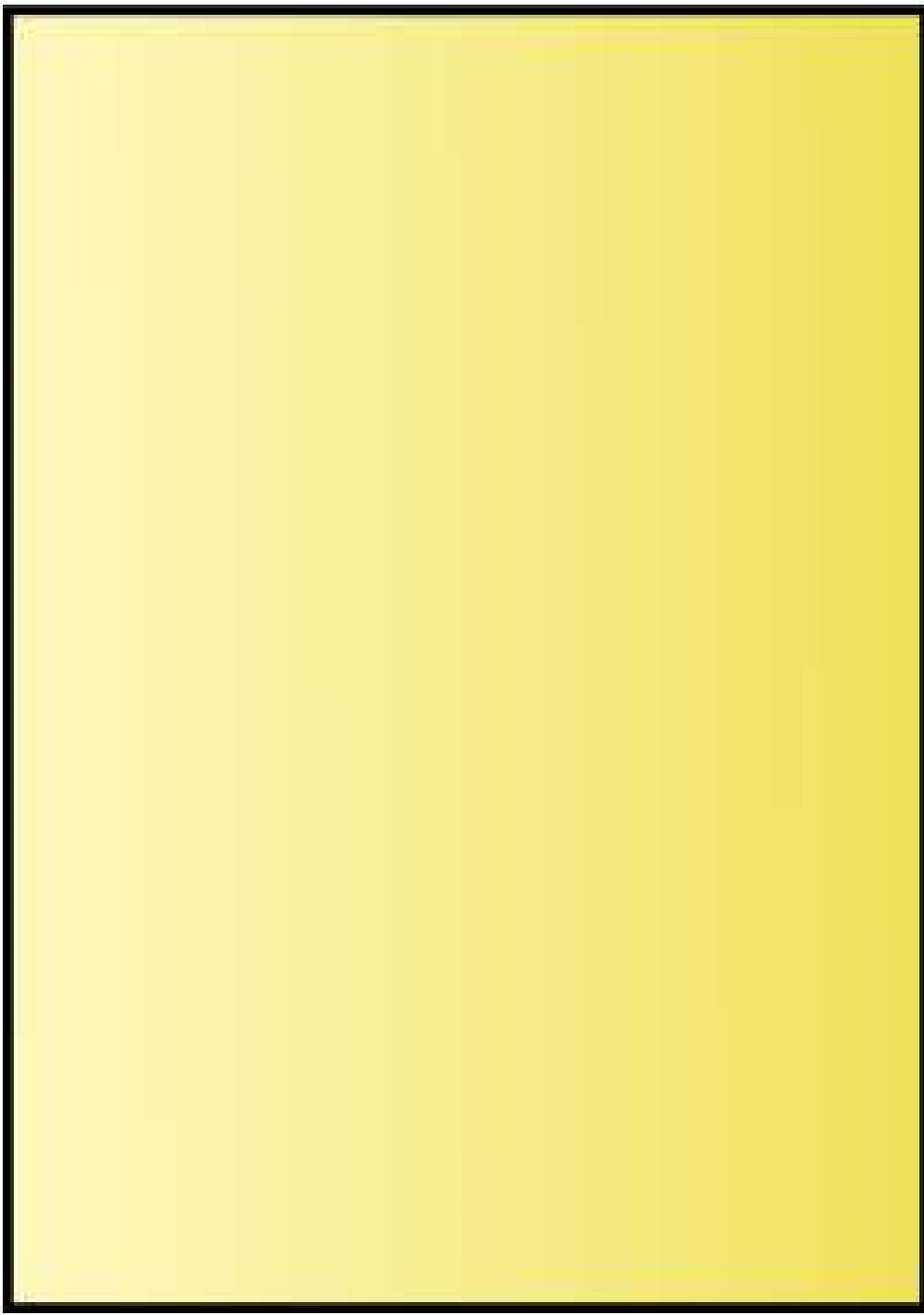
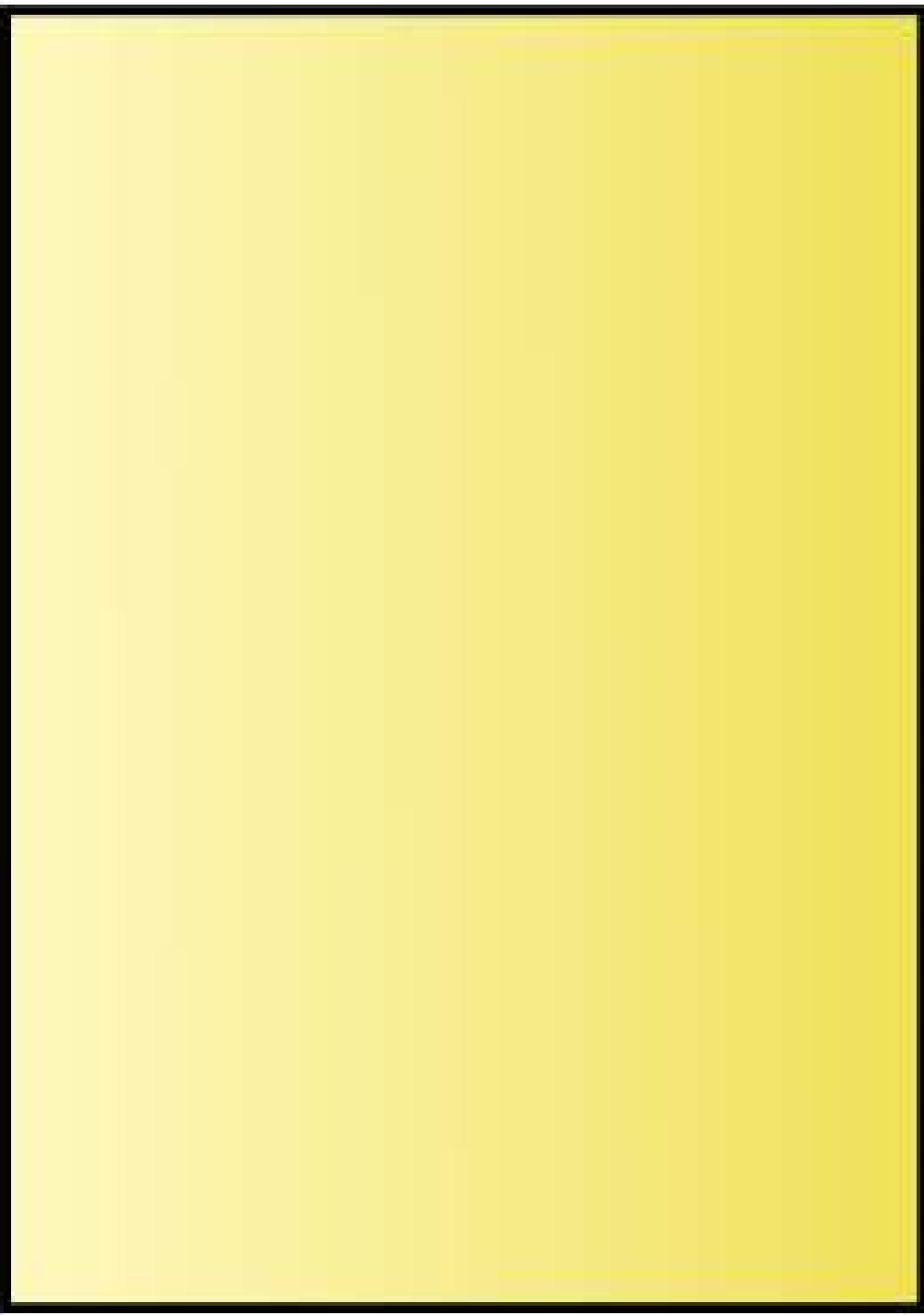
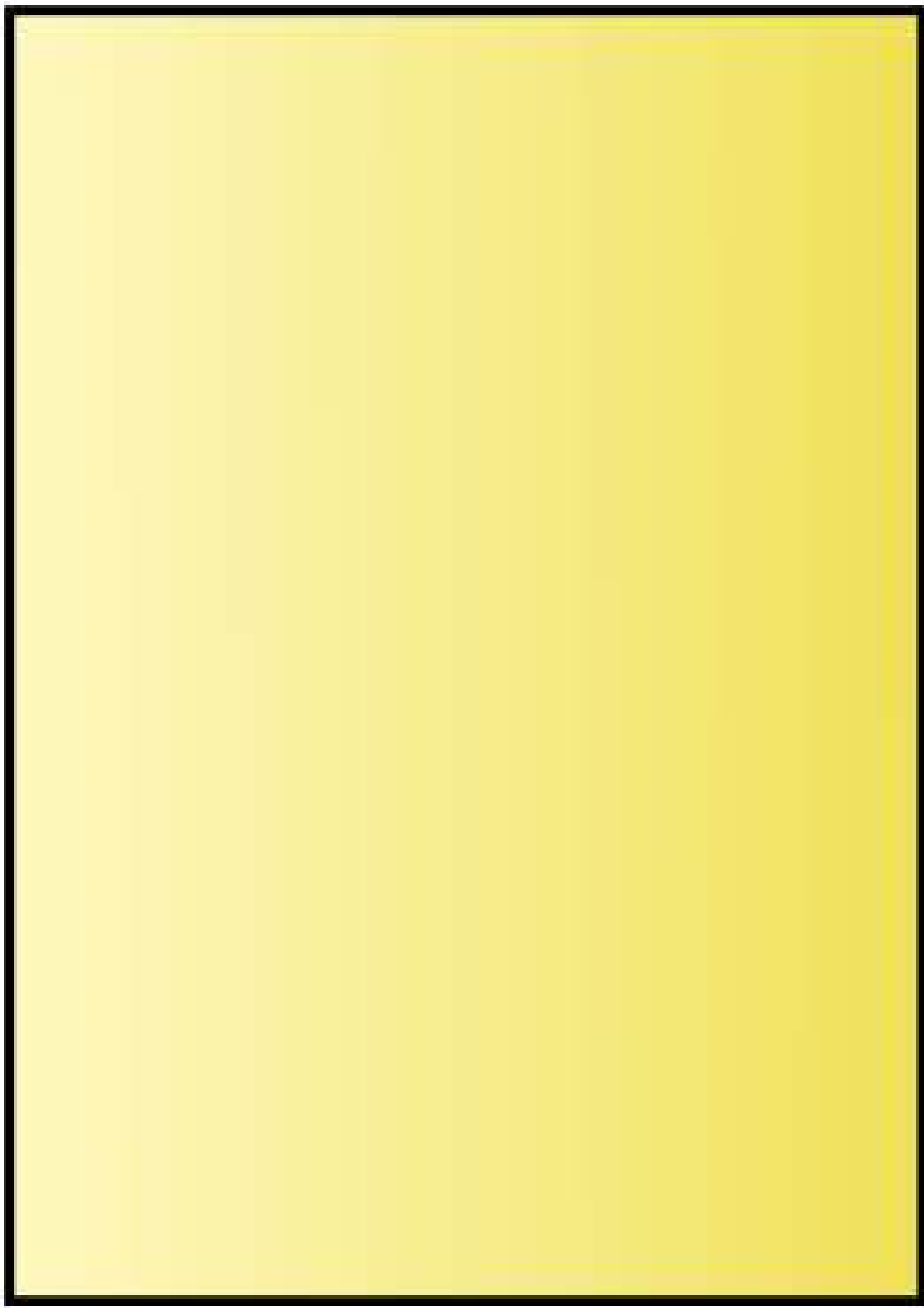


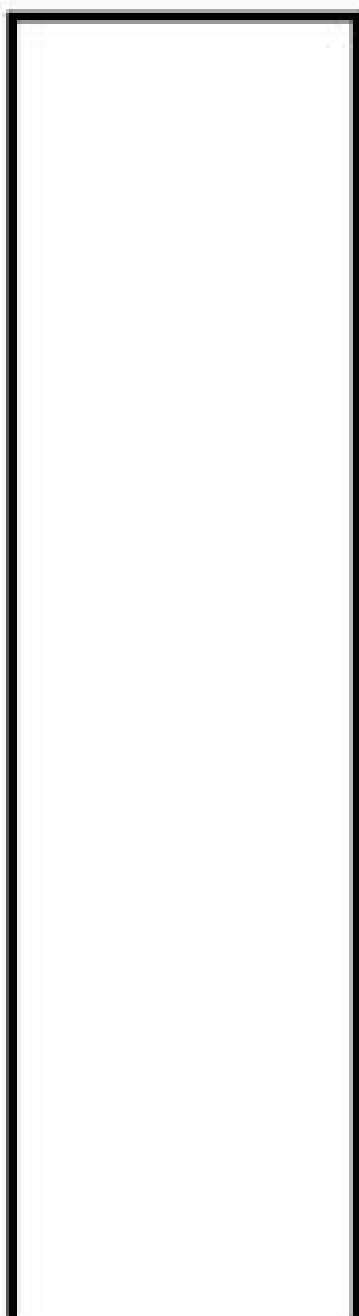
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NAME

PASSPORT