

### 3S Challenge Activity List

1. Take a nature walk and post a selfie or group family photo
2. Post a picture of a healthy home-made meal
3. Meditate for 10 minutes straight with NO distractions
4. Drink 64 Oz of water and walk for 10 minutes
5. Play a board game with your family
6. Draw a family picture to be hung up at TTS Fitness
7. Complete a puzzle
8. Dress up as your favorite Super Hero
9. Walk 10,000 steps in a day
10. Complete one of the workouts from our Members Only Video Workout Page
11. Play a family game of kickball or soccer
12. Do 30 minutes of yard work for a neighbor or relative
13. Wear your favorite collegiate gear for a workout
14. Complete 15 minutes of air squats, sit-ups, and push-ups wearing crazy socks
15. Pay it Forward. Do something nice for someone. Example: Hold the door open or give them a flower
16. Walk up and down the stairs in your home 10 times straight. If no stairs in your home, find a hill
17. Write down 10 things you appreciate
18. How long can you plank? Time yourself and post results
19. Complete 20 minutes of calisthenics in your yard. (example: Jumping Jacks, jog in place, burpees)
20. Play catch with a baseball or football for 30 minutes wearing your favorite sports team gear
21. Call a friend or family member that you haven't talked to in a while
22. Watch a sunset or sunrise
23. Take a family bike ride
24. Thank your local delivery person and post a selfie with them
25. Play hide and seek for 30 minutes
26. Post pictures of your pets
27. Attend one of Staci's weekly Zoom exercise classes
28. 2 minute wall sit outside on a tree or fence
29. Play a game of HORSE with your family using a basketball
30. Do 5 sprints up and down your driveway