

START

CAMP

- FIT4MOM® -



8 WEEKS OF ADVENTURE

ADVENTURE
FRIENDS
FUN

WEEK 1
WORLD TRAVEL

- READ**
Read a book about a new place.
- MOVE**
Do one cardio catch-up with your mama.
- PLAY**
Make an airplane.
- KINDNESS**
Say hello in a new way.
- CAMP HELPER**
Pack your own class bag.



WEEK 2
COLOR EXPLOSION

- READ**
Read a book about art.
- MOVE**
Shuffle over a rainbow.
- PLAY**
Make a smush painting.
- KINDNESS**
Compliment someone's outfit.
- CAMP HELPER**
Wear a bright color to class.



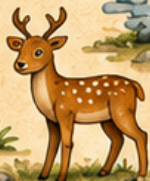
WEEK 3
SPACE ADVENTURE

- READ**
Read a book about space.
- MOVE**
Complete Zoom Zoom Zoom cardio catch-up.
- PLAY**
Launch a straw rocket.
- KINDNESS**
Give someone a high five.
- CAMP HELPER**
Help entertain the stroller kids.



WEEK 4
NATURE EXPLORER

- READ**
Read a book outside.
- MOVE**
Leap like a frog.
- PLAY**
Do a nature scavenger hunt.
- KINDNESS**
Pick up 5 pieces of trash.
- CAMP HELPER**
Help clean up after playgroup.



WEEK 5
OCEAN ADVENTURE

- READ**
Read a book about water or sea animals.
- MOVE**
Do 10 crab walks.
- PLAY**
Try ocean sensory play.
- KINDNESS**
Share a toy or snack.
- CAMP HELPER**
Pack up your things after class.



WEEK 6
SUPERHERO TRAINING

- READ**
Read a book about a brave character.
- MOVE**
Complete 10 superhero squats.
- PLAY**
Play a superhero game.
- KINDNESS**
Cheer for your mama during class.
- CAMP HELPER**
Help set up or clean up equipment.



WEEK 7
ANIMAL KINGDOM

- READ**
Read a book about animals.
- MOVE**
Do 3 animal moves in class.
- PLAY**
Wash toy animals or a pet.
- KINDNESS**
Invite someone to play.
- CAMP HELPER**
Play with a new friend after class.



READ, MOVE, PLAY, BE KIND, AND BE A CAMP HELPER!
YOU'RE PART OF OUR VILLAGE!



FINISH