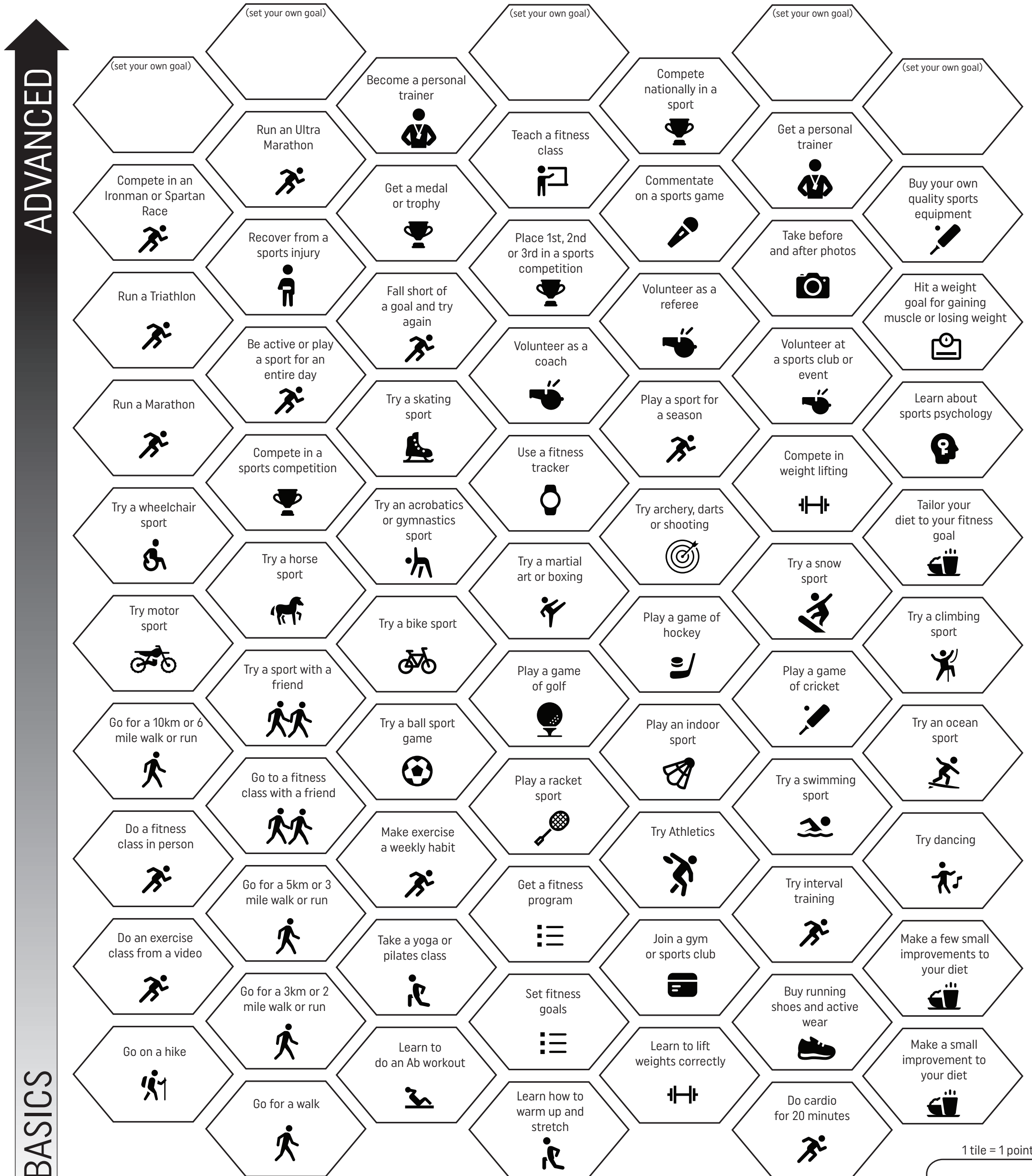# SPORTS & FITNESS

Skill Tree: Color in the boxes and level up your skills

Use for individuals or as a group by picking a colour each and coloring in a part of the box. Everyone's journey is different and you can interpret the goals flexibly. The aim is to inspire you to learn and try new things. Not everything needs to be completed.

ADVANCED

BASICS

(set your own goal)

(set your own goal)

(set your own goal)

(set your own goal)

(set your own goal)

(set your own goal)

Become a personal trainer

Compete nationally in a sport

Run an Ultra Marathon

Teach a fitness class

Get a personal trainer

Compete in an Ironman or Spartan Race

Get a medal or trophy

Commentate on a sports game

Buy your own quality sports equipment

Recover from a sports injury

Place 1st, 2nd or 3rd in a sports competition

Take before and after photos

Run a Triathlon

Fall short of a goal and try again

Volunteer as a referee

Hit a weight goal for gaining muscle or losing weight

Be active or play a sport for an entire day

Volunteer as a coach

Volunteer at a sports club or event

Run a Marathon

Try a skating sport

Play a sport for a season

Learn about sports psychology

Compete in a sports competition

Use a fitness tracker

Compete in weight lifting

Try a wheelchair sport

Try an acrobatics or gymnastics sport

Try archery, darts or shooting

Tailor your diet to your fitness goal

Try a horse sport

Try a martial art or boxing

Try a snow sport

Try motor sport

Play a game of hockey

Try a climbing sport

Try a bike sport

Try a sport with a friend

Play a game of golf

Play a game of cricket

Go for a 10km or 6 mile walk or run

Play an indoor sport

Try an ocean sport

Go to a fitness class with a friend

Try a ball sport game

Play a racket sport

Try a swimming sport

Do a fitness class in person

Make exercise a weekly habit

Try Athletics

Try dancing

Go for a 5km or 3 mile walk or run

Get a fitness program

Try interval training

Do an exercise class from a video

Take a yoga or pilates class

Join a gym or sports club

Make a few small improvements to your diet

Go for a 3km or 2 mile walk or run

Set fitness goals

Buy running shoes and active wear

Go on a hike

Learn to do an Ab workout

Learn to lift weights correctly

Make a small improvement to your diet

Go for a walk

Learn how to warm up and stretch

Do cardio for 20 minutes

START HERE

1 tile = 1 point

Total Score

Name: _____

MADE BY NICK CORBY & STEPH PIPER - MAKERQUEEN AU

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