





# Scooter

Week 1			
Activity	How many or how long	How many days	Instructions
Scooter 	20 mins	2 days/week	Scooter around today with a friend or family member. See if you can keep scooting for 5 minutes straight.

Week 2			
Activity	How many or how long	How many days	Instructions
Scooter 	20 mins	2 days/week	Scooter around today with a friend or family member. See if you can keep scooting for 5 minutes straight.

## Scootering

Week 3			
Activity	How many or how long	How many days	Instructions
Scootering 	20 mins	2 days/week	Scooter around today with a friend or family member. See if you can keep scootering for 5 minutes straight.

Week 4			
Activity	How many or how long	How many days	Instructions
Scootering 	20 mins	2 days/week	Scooter around today with a friend or family member. See if you can keep scootering for 5 minutes straight.