





Ride a Scooter or Go Hiking

Week 1			
Activity	How many or how long	How many days	Instructions
Scooter Riding and/or Hiking 	30 mins	Total for the week	Go scooter riding or hiking during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are riding or hiking, see if you can keep moving for at least 15 minutes all at once.

Week 2			
Activity	How many or how long	How many days	Instructions
Scooter riding and/or Hiking 	30 mins	Total for the week	Go scooter riding or hiking during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are riding or hiking, see if you can go really fast for 5 minutes before taking a break.

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Week 3			
Activity	How many or how long	How many days	Instructions
Scooter riding and/or Hiking 	30 mins	Total for the week	Go scooter riding or hiking during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are riding or hiking, see if you can keep moving for at least 20 minutes all at once.

Week 4			
Activity	How many or how long	How many days	Instructions
Scooter riding and/or Hiking 	30 mins	Total for the week	Go scooter riding or hiking during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are riding or hiking, see if you can go really fast for 5 minutes before taking a break. Try to do really fast pedaling or hiking a couple of times each time you go for a ride.