

# “Sofa Potato” rules

**To play:** Each player chooses a game token and takes a piece of evidence. A player will roll the dice and move forward. They will then take a card. Do the action described on the card. When you land on/pass the evidence square, take a piece of evidence.

**To win:** This is a cooperative game. All players win when they have collected all the pieces of evidence and assemble them into a picture of Sofa Potato.

## Special situations

**Captive Square:** If you land on the “You Got Caught” square, you have to move your piece to the Captive Square. To escape, you must pretend to dig your way out by making arm motions for twice the number of seconds shown on the dice (a “6” on the dice means 12 seconds).

**“Pull an Extra Piece of Evidence” Square:** If you land on this square, take an extra piece of evidence.

**Moving backward:** If your card tells you to move backward, move the assigned amount. If you land on the “You Got Caught” square, do not head to the Captive Square. If you land on the “Pull an Extra Piece of Evidence” square, do not take an extra piece of evidence.

## Variations

*Here are some ways to play the game differently:*

**Warm up:** Start by jogging in place as each player collects their first piece of evidence.

**Game pace:**

- **Faster:** Next player takes turn without waiting for previous player to finish exercise.
- **Slower:** Cheer on fellow players. Help them count as they perform their exercise.

**Challenge level:**

- **More challenging:** Players keep exercising at their own pace until it is their turn again.
- **Less challenging:** Players march in place for 10 seconds instead of performing an exercise that they are unable to do.

Have fun and enjoy catching Sofa Potato!

*Please do not attempt any exercise program without first consulting a medical professional.*