

FUN Ways to Exercise!

Don't like the typical ways of exercising - weightlifting, running for miles, etc.? No problem. Here are some other great ways to break a sweat.



- ☐ Hiking
- ☐ Walking
- ☐ Basketball
- ☐ Geocoaching
- ☐ Bouldering
- ☐ Martial Arts
- ☐ Parkour
- ☐ Yofa
- ☐ Pokemon Go
- ☐ Cycling
- ☐ Dancing
- ☐ Frisbee
- ☐ Soccer
- ☐ Jump Rope
- ☐ Skateboarding
- ☐ Tennis
- ☐ Bodyweight Exercise
- ☐ Tag

- ☐ Paintball
- ☐ Rollerblading
- ☐ Swimming
- ☐ Kayaking
- ☐ Golf
- ☐ Surfing
- ☐ Baseball
- ☐ Yard Work
- ☐ Softball
- ☐ Snowboarding
- ☐ Rock Climbing
- ☐ Volleyball

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