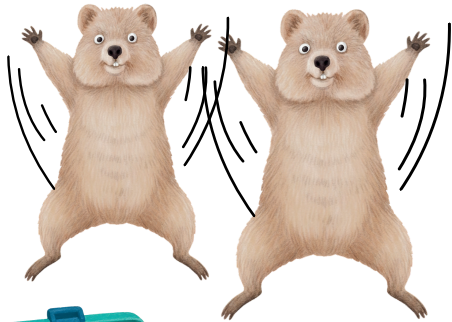


Quin the Quokka's

Energy Challenge

Can you do all 5 TODAY?



15 STAR JUMPS
with two friends



FINISH MORNING TEA AND LUNCH



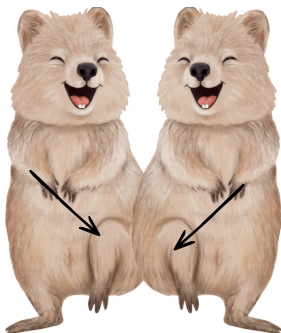
Set a timer!



PALMS ON HEAD
One hand on forehead,
other hand on back of
head for 60 seconds



FINISH YOUR WATER BOTTLE
& fill it back up



20 CROSS-OVERS
with two friends
Left hand on right knee
Right hand on left knee



DID YOU COMPLETE THE CHALLENGE?



QUIN WONDERS...
WHICH ONE WAS
YOUR FAVOURITE?



MY BRILLIANT BODY

QUIN THE QUOKKA'S

ENERGY CHALLENGE



THIS CERTIFICATE IS
AWARDED TO:

YOU DID IT!



YOU ARE
BRILLIANT!