

Go!

**Monday,
Tuesday,
???**

Please, name the missing day!

**What day
follows
Sunday?**

**Tuesday,
Wednesday,
???**

Please, name the missing day!

**The day
before
Friday is?**

Bird - dog

10 exercises for each side



**Saturday,
Sunday,
???**

Please, name the missing day!

**Wednesday,
Thursday,
???**

Please, name the missing day!

**The day
after
Monday is?**

**The day
before
Sunday is?**

**Sunday,
Monday,
???**

Please, name the missing day!

Day of the week 01

2-3 players. 1 dice.

Roll the dice; the player with the highest number wins the next square.

Use rock-scissors-paper if online: the winner wins the next square.

All squares are solved once. Fitness-squares are solved by all players.

**The day
after
Friday is?**

**???,
Saturday,
???**

Please, name the missing days!

**What day
follows
Thursday?**

**???,
Tuesday,
???**

Please, name the missing days!

**The day
before
Wednesday
is?**

**Friday,
Saturday,
???**

Please, name the missing day!

Goal!

**Thursday,
Friday,
???**

Please, name the missing day!

**What day
follows
Tuesday?**

**???,
Wednesday,
???**

Please, name the missing days!

" Wall sit"
15 seconds



*Have a nice time
Trine E.*

Forfatter og udgiver:

trine-evald.dk

"dayOfWeek01.pdf"