SPORTS & FITNESS

Skill Tree: Color in the boxes and level up your skills

Use for individuals or as a group by picking a colour each and coloring in a part of the box. Everyone's journey is different and you can interpret the goals flexibly. The aim is to inspire you to learn and try new things. Not everything needs to be completed.

ADVANCED

(set your own goal)
(set your own goal)
(set your own goal)
(set your own goal)
(set your own goal)
Compete in an Ironman or Spartan Race
Run an Ultra Marathon
Recover from a sports injury
Run a Triathlon
Be active or play a sport for an entire day
Run a Marathon
Compete in a sports competition
Try a wheelchair sport
Try a horse sport
Try motor sport
Try a sport with a friend
Go for a 10km or 6 mile walk or run
Go to a fitness class with a friend
Do a fitness class in person
Go for a 5km or 3 mile walk or run
Do an exercise class from a video
Go for a 3km or 2 mile walk or run
Go on a hike
Go for a walk
Become a personal trainer
Get a medal or trophy
Fall short of a goal and try again
Try a skating sport
Try an acrobatics or gymnastics sport
Try a bike sport
Try a ball sport game
Make exercise a weekly habit
Take a yoga or pilates class
Learn to do an Ab workout
Teach a fitness class
Place 1st, 2nd or 3rd in a sports competition
Volunteer as a coach
Use a fitness tracker
Try a martial art or boxing
Play a game of golf
Play a racket sport
Get a fitness program
Set fitness goals
Learn how to warm up and stretch
Compete nationally in a sport
Commentate on a sports game
Volunteer as a referee
Play a sport for a season
Try archery, darts or shooting
Play a game of hockey
Play an indoor sport
Try Athletics
Join a gym or sports club
Learn to lift weights correctly
Get a personal trainer
Take before and after photos
Volunteer at a sports club or event
Compete in weight lifting
Try a snow sport
Play a game of cricket
Try a swimming sport
Try interval training
Buy running shoes and active wear
Do cardio for 20 minutes
Buy your own quality sports equipment
Hit a weight goal for gaining muscle or losing weight
Learn about sports psychology
Tailor your diet to your fitness goal
Try a climbing sport
Try an ocean sport
Try dancing
Try a new healthy recipe or food
Make one small improvement to your diet

BASICS

START HERE

1 tile = 1 point

Total Score

Name: _____

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