

To play along, take a picture of each description on the list.

Check off your list as you complete them.

If you would like to receive a completion certificate and an Encore sticker send your final results to office@encoregym.com.

- Find somewhere safe to do a front support (ask a parent first).
- Do a candlestick with your toes pointing to a cloud.
- Do a sump in front of a street sign.
- Take a picture of a gymnastics or dance picture that you drew.
- Find the letters to the word GYMNASTICS around your house.
- Tape measure how long your splits are.
- Build a fort and sit in a tuck body in it.
- Show us your gymnastics body in front of a flag.
- Tuck hold hanging from something.
- Balance on one foot with a stuffed toy on your head in front of a fire hydrant.

