



Carrot-Leg Pete's Healthy Pirate Challenge

I'm Carrot-Leg Pete and I've got the best **treasure** around. If you fancy yourself worthy of my treasure, you'll have to prove it by completing my **healthy pirate challenge!**

CHALLENGE 1:

What's orange, crunchy, and stays close to the ground?
Do 10 jumping jacks and it will be found.

CHALLENGE 2:

Eat a serving of veggies, clean the whole plate!
Then you'll be closer to the treasure, how great!

CHALLENGE 2:

Run around the ship (or car) 5 times, ending up in
the place that just might have limes.

CHALLENGE 4:

What looks like a tree but's smaller than yer thumb?
Run 5 minutes and the answer will come!

CHALLENGE 5:

Is that a shrunken tree? No — it's broccoli! Eat a serving
of vegetables to learn where the treasure might be!

CHALLENGE 6:

You're one step closer, now it's time to strengthen
your mind. Spend the next 10 minutes meditating,
and the treasure you may find.

CHALLENGE 7:

With your mind renewed the next clue finds you:
Rest up for 8 hours, that oughta do.

CHALLENGE 8:

To reach the treasure, put your skills to the test: do 15 sit
ups, run 5 minutes, eat some fruit, and do your best!

Congratulations, you've reached the treasure!

While I'll miss my _____, I'll sail the seas happy
knowing it's in good hands. Until next time, kiddo!