

Guess Who? Fitness

Set Up

- Divide your group into the blue team and the red team
- Set up your game board with all the doors popped up
- Each team chooses one Guess Who? mystery card without looking and places it in the card slot facing your team.

Game Play

- Play rock, paper, scissors to see which team goes first
- The first team asks the other team a “yes” or “no” question about their mystery person.
 - For example: “is your person wearing glasses?”
 - If “yes”, your team can flip down all the people who are not wearing glasses
 - If “no”, your team can flip down all the people who are wearing glasses
- If the other team team says “yes”, your team gets to tell their team 5 of any exercise to do!
- If the other team team says “no”, the other team gets to tell your team 5 of any exercise to do!
- Alternate turns with the other team
- If you guess the other team’s mystery person, you win and you get to tell the other team 20 exercises to do!

- If you guess the other team's mystery person incorrectly, you lose and the other team gets to tell your team 20 exercises to do!

Rules

- You may only ask one "yes" or "no" question on each turn
- When you think you know the other team's mystery person, you may guess instead of asking a question
- No peeking at the other team's mystery person!

Examples of Exercises

- Jumping jacks
- Squats
- Push ups
- Planks
- Lunges