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| Get scared by a person or decoration? Engage emergency escape mode! Sprint 10 steps like you’re running away from a ghost with bad breath.  **▢ Challenge Complete!** | Instead of saying  “Trick or Treat,” say, “I’ll Squat for Sweets!” Ask your neighbor passing out candy to decide how many squats! Then ask for bonus candy if  you do more!  **▢ Challenge Complete!** | See a house with flashing lights? Do 15 jumping jacks and  match the energy!  **▢ Challenge Complete!** |
| Get a treat you’ve  never seen before? Do a “What is this?!” wiggle dance!  **▢ Challenge Complete!** | See someone in a superhero costume? Activate your candy powers!  Drop and do 5 push-ups to  show off your heroic strength.  **▢ Challenge Complete!** | Get a Milky Way? Space treat acquired!  Blast off with 5 star jumps and  orbit to the next house!  **▢ Challenge Complete!** |
| Drop a piece of  candy? Candy down! Do a squat to pick it up. Do 9 more for good luck.  **▢ Challenge Complete!** | Hear spooky music playing? Break into a 10-second Monster Mash and perform your best  dance moves!  **▢ Challenge Complete!** | After your candy bag  is full! Candy haul complete! Time for  10 candy curls. Flex those  sweet muscles!  **▢ Challenge Complete!** |