



**3-4-5 LOOK ALIVE**

**CHALLENGE:**

Using 3 VERB YELLOWBALLS, create an obstacle course that has 4 challenges that must be completed in 5 minutes or less.

**VERB**  
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT  
[VERBnow.com](http://VERBnow.com)

© 2005 CDC. All Rights Reserved.



**AIR BALL**

**CHALLENGE:**

Using only a VERB YELLOWBALL, create a trick while using one of the following: a skateboard, skis, or a snowboard. Remember to wear the appropriate safety gear.

**VERB**  
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT  
**VERB**NOW.COM

© 2005 CDC. All Rights Reserved.

A circular graphic with a black border. The background is a light gray with a pattern of darker gray circles. On the left side, the text 'ARMY GUY' is written vertically in a bold, sans-serif font. In the center, the text 'CHALLENGE:' is followed by a paragraph of instructions. At the bottom right, the 'VERB' logo is displayed with the tagline 'It's what you do.' below it. At the bottom, the text 'REMEMBER YOUR BALL CODE—TELL YOUR STORY AT VERBNOW.COM' is written in a curved path.

**ARMY GUY**

**CHALLENGE:**

Using 1 VERB YELLOWBALL, cones and jump ropes create an obstacle challenge where crawling gives you the best shot at completing the course the fastest.

**VERB**  
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT  
**VERB**NOW.COM

Perusee's Health  
© 2005 CDC. All Rights Reserved.



**CAPTAIN YELLOWBALL**

**CHALLENGE:**

Using 1 soccer ball divide teams into 2 and give each team 1 VERB YELLOWBALL. Play a normal game of soccer, but use the added YELLOWBALL that each team has as an additional way to score. Each team nominates 1 person as Captain YELLOWBALL. Only Captain YELLOWBALL can try and score with their team's YELLOWBALL. Everyone else can only score with the soccer ball.

Released 1/11  
© 2005 CDC. All Rights Reserved.

**VERB**<sup>™</sup>  
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT  
[VERBnow.com](http://VERBnow.com)



# VERB YELLOWBALL CAPTURE THE YELLOWBALL

## CAPTURE THE YELLOWBALL

### CHALLENGE:

You have 2 VERB YELLOWBALLS and 2 goals. Divide into 2 teams and start each team out with 1 YELLOWBALL. See which team can get a YELLOWBALL into the other team's goal the fastest, without getting tagged. Once someone is tagged they have to kick the ball and whichever team recovers it, may continue attacking the defender's goal.

Revised/Resealed  
© 2005 CDC. All Rights Reserved.

**VERB**  
It's what you do.™

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT  
[VERBnow.COM](http://VERBnow.COM)