

# Fitness Battleship

## Rules

1. Ships can be placed horizontally or vertically, but **NOT** diagonally.
2. You must place all five ships on the grid.
3. Every ship must be completely on the grid. No ship can hang off the edge of the board.
4. Ships cannot overlap each other.
5. Once your ships are placed and the game has begun, you are **NOT** allowed to move your ships again.
6. When an opponent attacks your area, you must say hit or miss.
7. When a ship is sunk you must say sunk.

## Pieces

1. A single ship 5 squares long (the aircraft carrier)
2. A single ship 4 squares long (the battleship)
3. Two ships 3 squares long (the cruiser and the submarine)
4. A single ship 2 squares long (the destroyer)

## Game Play

1. Choose your ships location on the board by coloring in the squares with **GREY** markings. (crayon, marker, or pencil)
2. When a ship is hit use a **RED** marking. (crayon, marker, highlighter, or pen)
3. When an attack misses use a **YELLOW** marking. (crayon, marker, highlighter, or pen)
4. At the beginning of each turn before attacking your opponent, you can choose to do 1 of the 3 movements.
  - a. 5 – Air Squats
  - b. 5 – Pushups
  - c. 10 – Sit-ups
5. **You don't have to do the same movement every turn. If your arms get tired CHOOSE ANOTHER MOVEMENT FOR YOUR NEXT TURN.**
6. You do not have to do the movement for each attack. Only do the movement once before your turn.
  - a. You can continue attacking if you hit a ship.
  - b. If you miss on your attack your opponent gets his/her chance.
  - c. Once both people attack a new turn begins
7. Once all ships are sunk... **YOU WIN!!!**

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	A	B	C	D	E	F	G	H
1								
2								
3								
4								
5								
6								
7								
8								