


001



BULBASAU
GRASS TYPE

JUMPING JACKS

10	20	40
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

007




SQUIRTLE
WATER TYPE

SITUPS

10	20	30
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

004



CHARMANDER
FIRE TYPE

PUSHUPS

8	12	20
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

025




PIKACHU
ELECTRIC TYPE

MOUNTAIN CLIMBERS

10	20	50
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

037



VULPIX
FIRE TYPE

PUSHUPS

8	12	20
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

043



ODDISH
GRASS TYPE

JUMPING JACKS

10	20	40
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

054




PSYDUCK
WATER TYPE

SITUPS

10	20	30
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

058

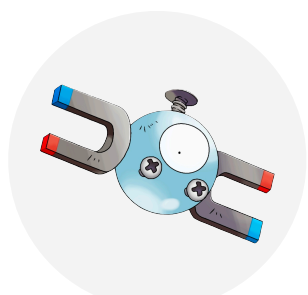


GROWLITHE
FIRE TYPE

PUSHUPS

8	12	20
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

051



MAGNEMITE
ELECTRIC TYPE

MOUNTAIN CLIMBERS

10	20	50
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

040




POLIWHAG
WATER TYPE

SITUPS

10	20	30
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

059




BELLSPROUT
GRASS TYPE

JUMPING JACKS

10	20	40
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

072




TENTACOO
WATER TYPE

SITUPS

10	20	30
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

077

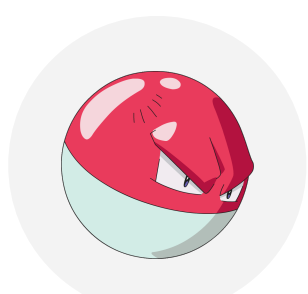


PONYTA
FIRE TYPE

PUSHUPS

8	12	20
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

100




VOLTORB
ELECTRIC TYPE

MOUNTAIN CLIMBERS

10	20	50
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS

114



TANGELA
GRASS TYPE

JUMPING JACKS

10	20	40
POKEBALL 1 COIN FLIP	GREAT BALL 3 COIN FLIPS	ULTRA BALL 5 COIN FLIPS



MY POKEDEX

Name

Page

Welcome to the world of Pokemon! There are 15 Pokemon hiding in your house and your job is to catch them all! As you catch Pokemon, use this Pokedex to keep track of your achievements! Good luck!

Pokemon Name

Type

Ball

Location



MY POKEDEX

Name

Page

Welcome to the world of Pokemon! There are 15 Pokemon hiding in your house and your job is to catch them all! As you catch Pokemon, use this Pokedex to keep track of your achievements! Good luck!

Pokemon Name

Type

Ball

Location

HOW TO CATCH A POKEMON

Find a hidden Pokemon and decide which Pokeball you will use. Perform the exercise on the Pokemon card for the selected Pokeball's set of repetitions. Once you have completed you exercise, flip your coin the appropriate number of times. If you get at least one heads, you've caught the Pokemon! If you do not get a heads, you've missed and cannot catch this Pokemon until you've caught another. Now go catch 'em all!

HOW TO CATCH A POKEMON

Find a hidden Pokemon and decide which Pokeball you will use. Perform the exercise on the Pokemon card for the selected Pokeball's set of repetitions. Once you have completed you exercise, flip your coin the appropriate number of times. If you get at least one heads, you've caught the Pokemon! If you do not get a heads, you've missed and cannot catch this Pokemon until you've caught another. Now go catch 'em all!