

# *Fitness Quest*

By Good Idea Games, 2011

Beta 1.0

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**Goal:** Players roleplay as fantasy heroes, while getting practical fitness.

“Play Keeps you young. Who among you still has an imagination? This game isn’t intended for children, though it has fantasy elements. This is designed to be an opportunity for adults to loosen up and play, while actually getting our fitness goals done.”

This is run by 3 persons. One “Scout” who travels 5 minutes ahead of the game, and sets out props, signs, etc, and plays antagonist characters. The “Trainer” who travels with the players, serves as their guide and primary story teller. One “Chaser” who travels 5 minutes behind the Trainer, and picks up props, signs, and trash.

Players are awarded for picking up trash on their journey (Trainer has a bag for it).

Game System:

Player Sheet is a list of fitness goals, based on a number of stats.

<i><b>Fitness Quest</b></i>		
Character Name	<b>Rogarock</b>	
Class	<b>Barbarian</b>	
Level	1	
	Milestone	Complete
Strength	(10 PU;10SU;1m PCH)	<input type="radio"/>
Dexterity	(5m PCH)	<input type="radio"/>
Stamina	(40SU;40PU)	<input type="radio"/>

Players are assigned a Class based on their workout goals.

Each class has a different Milestone associated with each attribute, so different classes will reach their Milestones at different points during the Quest.

**A Barbarian** is already strong, so their workout focuses on endurance.

**A Rogue** is already dexterous, so their workout focuses on strength.

**A Wizard...**

Each player explores or estimates their current limits with the Trainer.

Fitness Milestones are established per player, based on these limits.

Pushups, situps, high knees, etx. Each stat is a different exercise, arranged w/ guide ahead of time.

When a player completes their course for an attribute, they are considered to be “accomplished” with that attribute. The Trainer will award them with a colored Badge to represent this accomplishment for the quest.

Some challenges will require volunteers who are accomplished in one attribute or another.

By assigning different exercises to each player at each challenge point, the guide can ensure that each player is given an opportunity to play a starring role in a challenge.

Each Challenge has a player make headway at a number of stats. This performance is recorded, and kept by the guide for future sessions. Every stat and level will be kept track of. When a stat is accomplished, the player receives a merit of some sort. Maybe a badge to pin?

At end of the adventure, if a person accomplished all of their attribute Milestones, they level up.

Receive a ribbon they can wear that shows their level.

--Challenges--

Challenges are physical exercises that require players to work together to accomplish something integrated in the story, separate from stat progression.

le. Punch the air for 3 minutes. Spirit of the forest.

le. Human tower.

le. Group lift.

Look for team building exercises.

Possibilities: puzzle based quests, calling on players to solve team building exercises to "pass" a challenge.

Roles in the challenges are given based on players who have reached attribute milestones.

Quest 1: McGuffin Quest *For Level 1 players only.*

Set: Base Camp

Players are introduced to the world, and given a quest.

Scenario 1: McGuffin Quest

Summary: Players are given a set of enchanted weapons, made from the heartwood of the oldest trees that lived in the forest before the coming of Man. The spirits of the forest have an uneasy alliance with mankind, and these weapons are a symbol of that alliance. Every ten years, an envoy of adventurers must bring the weapons into the woods, and return them to the Elf King, Erestrada. For the past two hundred years, he has inspected the weapons, and returned them to mankind, and the alliance has been renewed. If you don't make it to the Sacred Glade before sunset, or if any of the weapons are lost, the alliance will be broken, and the spirits of the woods will be freed to lash out against mankind. There is a sacred placque that symbolizes the border of the realms between man, and the realm of the forest. If mankind should ever break the placque, the alliance is ended, the border is destroyed, and the spirits torment mankind.

Walk 1

The Guide talks about the elf king, and the alliance, and asks the adventurers where they're from. Asks for information about each of their towns, and what they do there. How they were chosen to participate in the alliance renewal. Players are expected to loosely improvise. Guide may talk about some unusual rituals from other towns who select their representatives.

Challenge 1

An imaginary river must be crossed.

Warmup.

Players complete their Phase 1 challenges.

Players may reach first milestones.

The Guide lays out fabric "stones" for the players to step across.

There is some sort of team building physical exercise... perhaps someone needs to be carried?

The first person to have completed their milestone has a special role to play.

## Walk 2

The Trainer explains the power of the forest spirits, and the importance of the alliance.

## Challenge 2

The Forest Spirits Attack!

Angry with the encroachment of Mankind, wild spirits of the forest lash out.

Guide: "Begone wayward spirits, we are travelers of peace, upholding the alliance!"

A series of endurance exercises warms up the players, but during such, the Trainer's weapon is stolen.  
(Scout takes it and runs ahead)

## Walk 3

Players find the Guide's equipment (props) scattered along the trail. Recover them. The Guide leads a discussion about the importance of finding the missing relic.

The Relic is seen in the center of the Sacred Glade

## Challenge 3

As the players approach, the Scout leaves the woods, assuming the role of the Elf King.

Roleplaying event, Players, Guide, and Elf King go back and forth.

The Trainer forces the Elf King to reveal that he ordered the forest spirits to steal the weapons.

Trainer: "Then YOU violated the treaty. The Sacred Placque is ours. When we return, we need only break it, and the forest will forever be your prison!"

## Walk 4

Players jog out of glade to next challenge. Jog is for several minutes, and "Chaser" keeps pace with the player furthest behind, acting as a malevolent forest spirit, giving chase.

## Challenge 4

Players are ambushed by ambulatory trees! They must frighten them away by demonstrating their prowess as lumberjacks. <players warmup with their stat building exercises>

Followed by <axe swinging cardio exercise>

Walk 5

Another jog, lead by guide.

Runs over an obstacle course of some sort, laid out by the Scout.

As the players exit the woods, the guide is "captured" by the chaser

Trainer: "Go on without me! You'll have to destroy the placque!"

Challenge 5

Players destroy the placque.

Players rush out of woods, and use any means necessary to destroy the placque.

Perhaps it is a piece of pottery, or a cheap pine board with a drawing... something inexpensive and disposable. The Scout is back at Base camp, and encourages the players to destroy it.

The Trainer and the Chaser leave the woods, acting as malevolent forest spirits.

Once the players destroy the placque, the forest spirits are drawn back to the forest, and the Scout explains that the Destruction of the Placque has released powerful and dangerous Magics, sending them 400 years forward in time. "I warn you, the outside world is strange, and dangerous."

Players are given a final opportunity to complete their milestones.

Merits are given, Players level up, and a "cliff hanger" is announced to get players to return, to tell more of their story.

This leads into Quest 2 and 3, allowing players to return to hear more of the story.

Quest 2: Modern Day. (for level 2 players only)

Guide gets in character as someone less familiar with the truth of the woods, and the players have to explain the dangers. "I'm totally looking forward to the new parking lot they are gonna put here. That thing is so big, it has its own gas station, applebee's, and a walmart."

Summary: With the Destruction of the alliance, Mankind has encroached on the forest, and the spirits have been all but powerless to stop them. The Players need to brave the forest once again, to return their weapons to the elf king to restore his power, otherwise the wilderness will be gone for good.

The Placque is remade.

Quest 3: Future (for level 3 players only)

Summary: After the machine revolution, mankind has retreated to the woods, the only place the machines cannot go (the guide has no idea why). The players must seek the Elf King to arrange a final alliance between spirits and men, so the world can be reconquered with the power of the spirits' magic.

The Plaque is used as a war banner, as the players march to war against the machines.