Here’s how to catch a Pokemon:

1. Find a Pokemon hiding in your house.
2. Look at the exercise associated to that Pokemon.
3. Decide which type of Pokeball you will use to catch the Pokemon (i.e. Pokeball, Great Ball, Ultra Ball). Each Pokeball gives you a certain amount of coin flips.
4. Perform the correct amount of repetitions of the exercise to throw that Pokeball.
5. Once you have completed the exercises, start flipping your Pokecoin (keeping in mind the amount of flips you are allowed to use based on which ball you threw).
6. If you get a “heads” within the flips you have earned, you’ve caught that Pokemon!
7. If you do not get a “heads” within the flips you have earned, you’ve missed and have not caught the Pokemon.
8. You may not try to catch that Pokemon again until a) the next day or b) you’ve caught a different Pokemon.
9. If you catch a Pokemon, add its information to your Pokedex!
10. Keep going until you’ve caught them all!

I figured this is a fun way to get kids exploring in their homes. I have a few ideas for other rules (like how to “unlock” new Pokemon or get an immediate second attempt), but I’m going to roll those out later with the next set of cards.