



Movin' and Groovin'

Get active a total of 60 minutes a day -- just about every day!

Get Sporty!

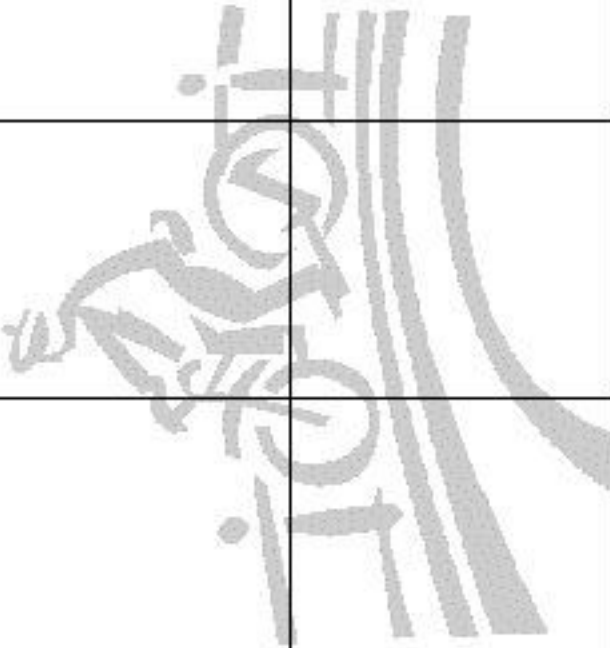

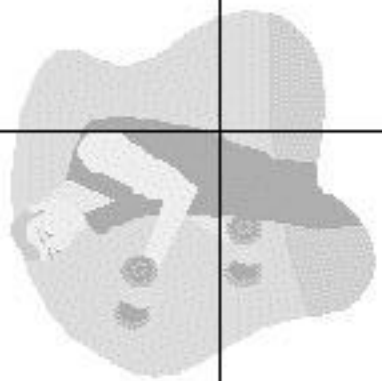
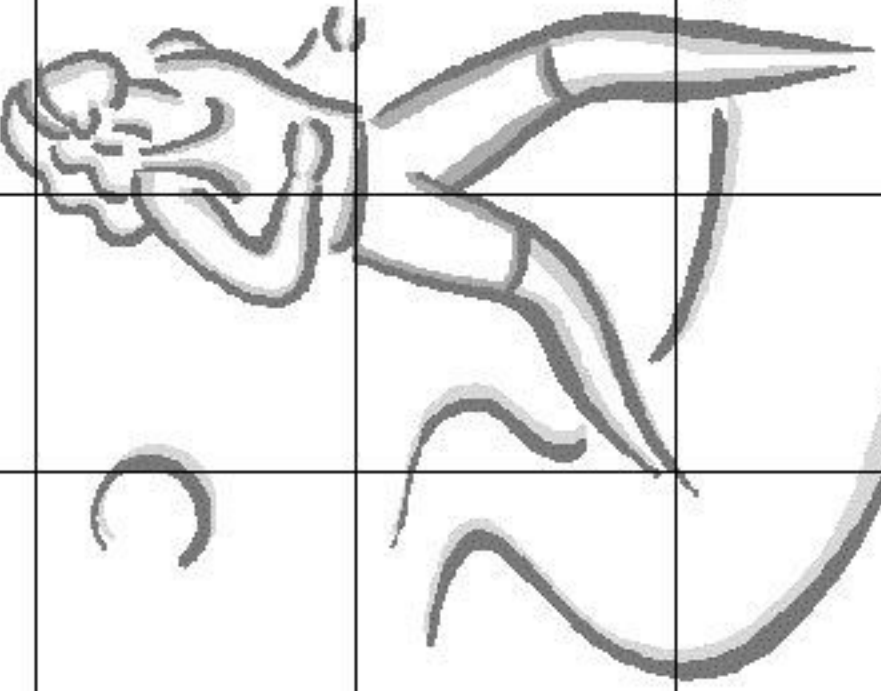
- Swim
- Walk
- Kick or Throw
- Shoot Hoops
- Run
- Skate
- Jump Rope
- Golf
- Play Tennis
- Skateboard
- Bike Fast
- Do Martial Arts

Be Active!

- Cut the Yard
- Rake Leaves
- Vacuum
- Walk the Dog
- Dance
- Play Chase
- Wash the Car
- Play Chase
- Use the Stairs
- Pick Up Your Stuff

Get active a total of 60 minutes a day -- just about every day! You can do it 10 or 20 minutes at a time!

MONTH: _____ MY FITNESS RECORD

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|-----|--|---|-----|
| |  | | | | | |
| | | | |  | | |
| |  | | | | | |
| | | | | |  | |