



WATCH ME MOVE

HEALTHY BODIES NEED EXERCISE!
TRY TO GET 60 MINUTES OF ACTIVITY EACH DAY TO MAKE
SURE THAT YOU ARE BEING GOOD TO YOUR BODY. WRITE IN
EACH SQUARE WHAT YOU DID AND MOST
OF ALL, HAVE FUN!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
