



Su _____

M _____

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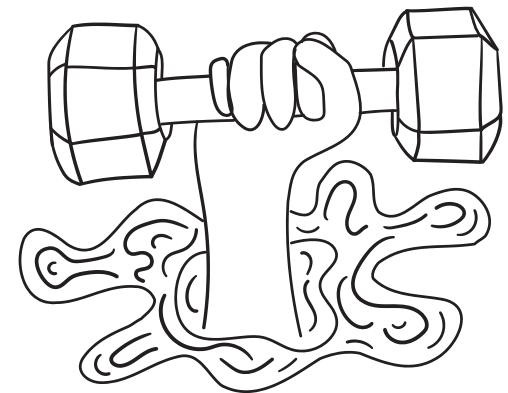
Th _____

F _____

Sa _____

What did you eat for a well-balanced breakfast?

Challenge Yourself

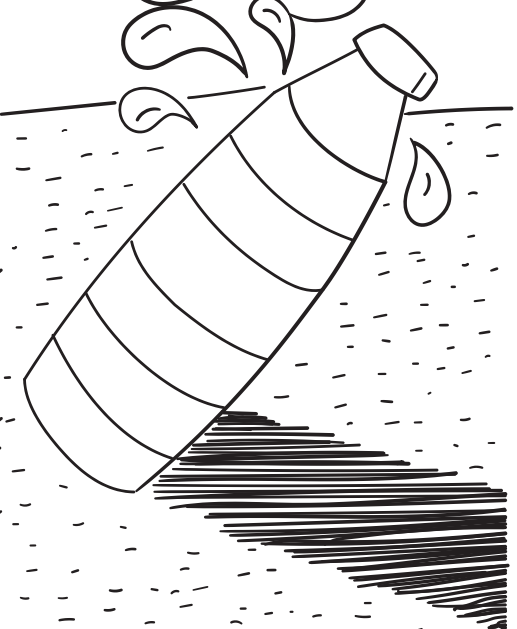


Use this zine to stay active and healthy everyday this week!

Draw a footprint for every 1,000 steps you travel.



Color in the water bottle when you have 8 glasses a day.



Su _____

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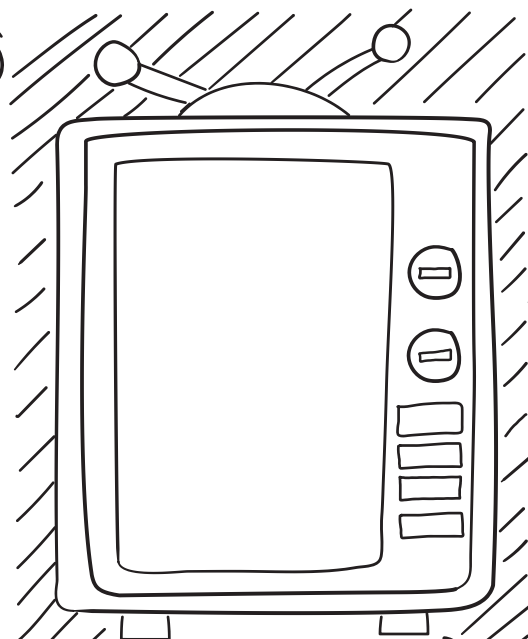
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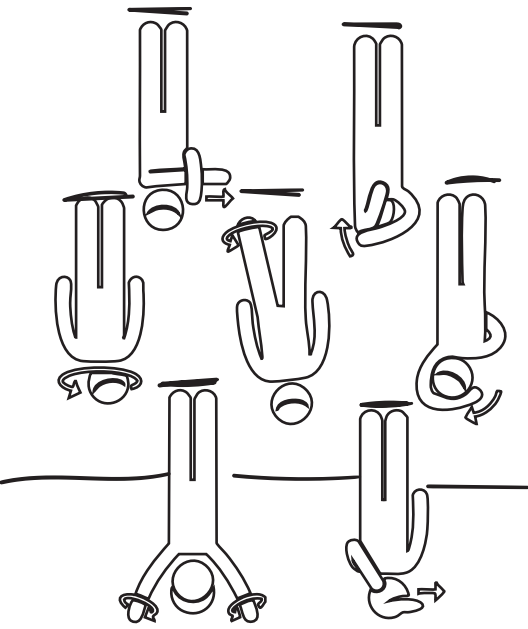
Sa _____

What did you eat for a well-balanced lunch?



Draw the sport or activity you did this week.

Color in a buddy when you do your stretches for the day.



What did you eat for a well-balanced dinner?

Su _____

M _____

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Sa _____

DINNER