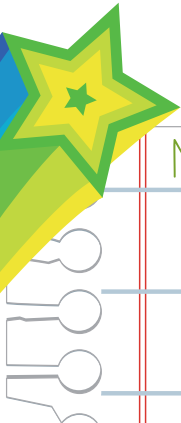


Active Goal Getters

Create an active living goal. Setting an active living goal can help you learn how to get active play every day. Draw a few hearts for each day you meet the goal and one for the days you couldn't quite make it.

Some example goals: Try a new sport. Play an active game at recess and lunch.

My Active Goal: _____



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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