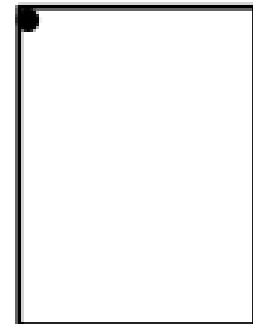
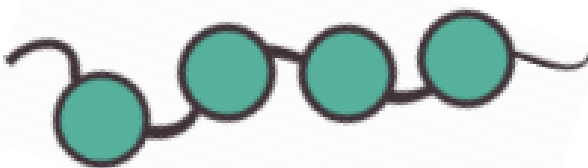
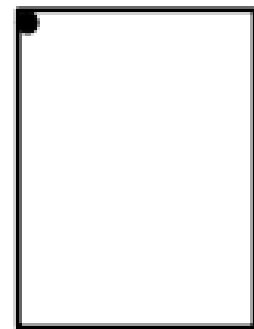
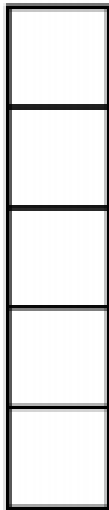


Name _____

Date _____









Adventure to Fitness

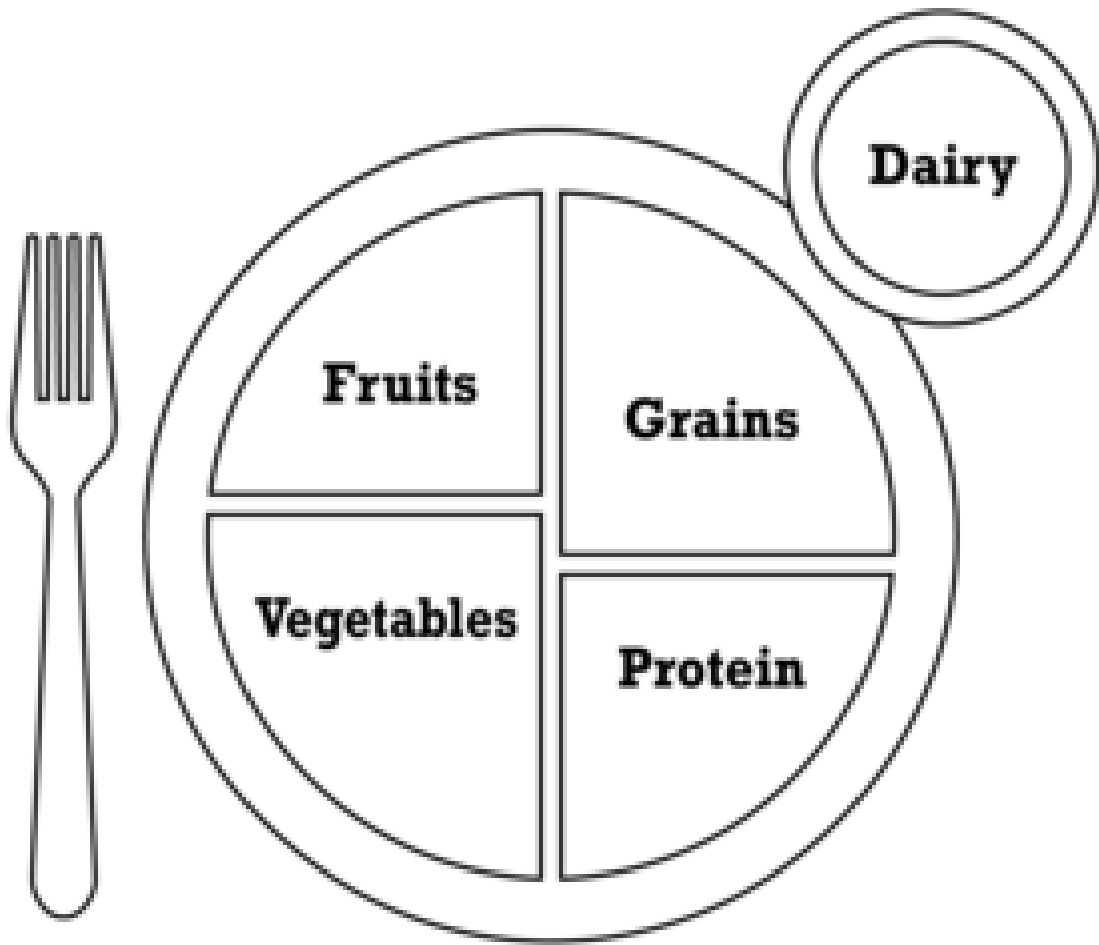
Healthy Minds + Fit Bodies = Happy Kids !!

Adventure to Fitness - Healthy Tracker

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Daily Goal: 3-5-Vegetables & 2-4-Fruits							
 Daily Goal: 6-8 Cups of Water							
 Daily Goal: Eat Healthy-Snacks Not Sweets							
 Daily Goal: 60 Minutes of Physical-Activity							

Kids - Use this chart to track how you compare with the daily recommendations for good health!

adventuretofitness.com - Inspiring children to lead healthy lifestyles through imagination, education, and movement.



MyPlate

what's your name? WORKOUT FOR BEGINNERS

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks

N 10 second jump rope

B 5 push-ups

O 10 russian twists

C 1 burpee

P 5 plie squats

D 20 high knees

Q 10 arm circles

E 5 crunches

R 10 skaters

F 10 mountain climbers

S 10 second jog in place

G 5 squats

T 10 butt kickers

H 10 front lunges

U 5 inchworms

I 10 side lunges

V 5 tricep dips

J 10 second wall sit

W 3 star jumps

K 5 calf raises

X 5 bird dogs

L 5 second plank

Y 10 leg raises

M 3 squat jumps

Z 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

I can have healthy habits!

I can eat healthy food!

I can exercise!

I can be healthy!