## Physical Activity

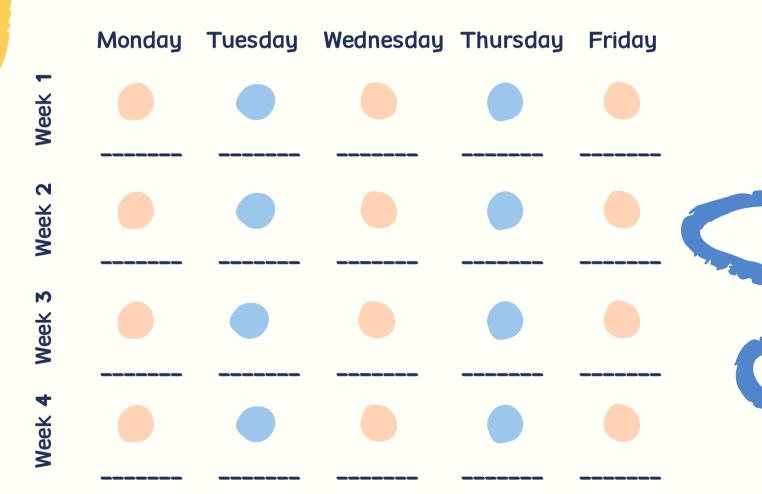
## CHALLENGE!



Get up and play! Check off each day you move your body for at least 30 minutes and write down the activity!



Example:





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