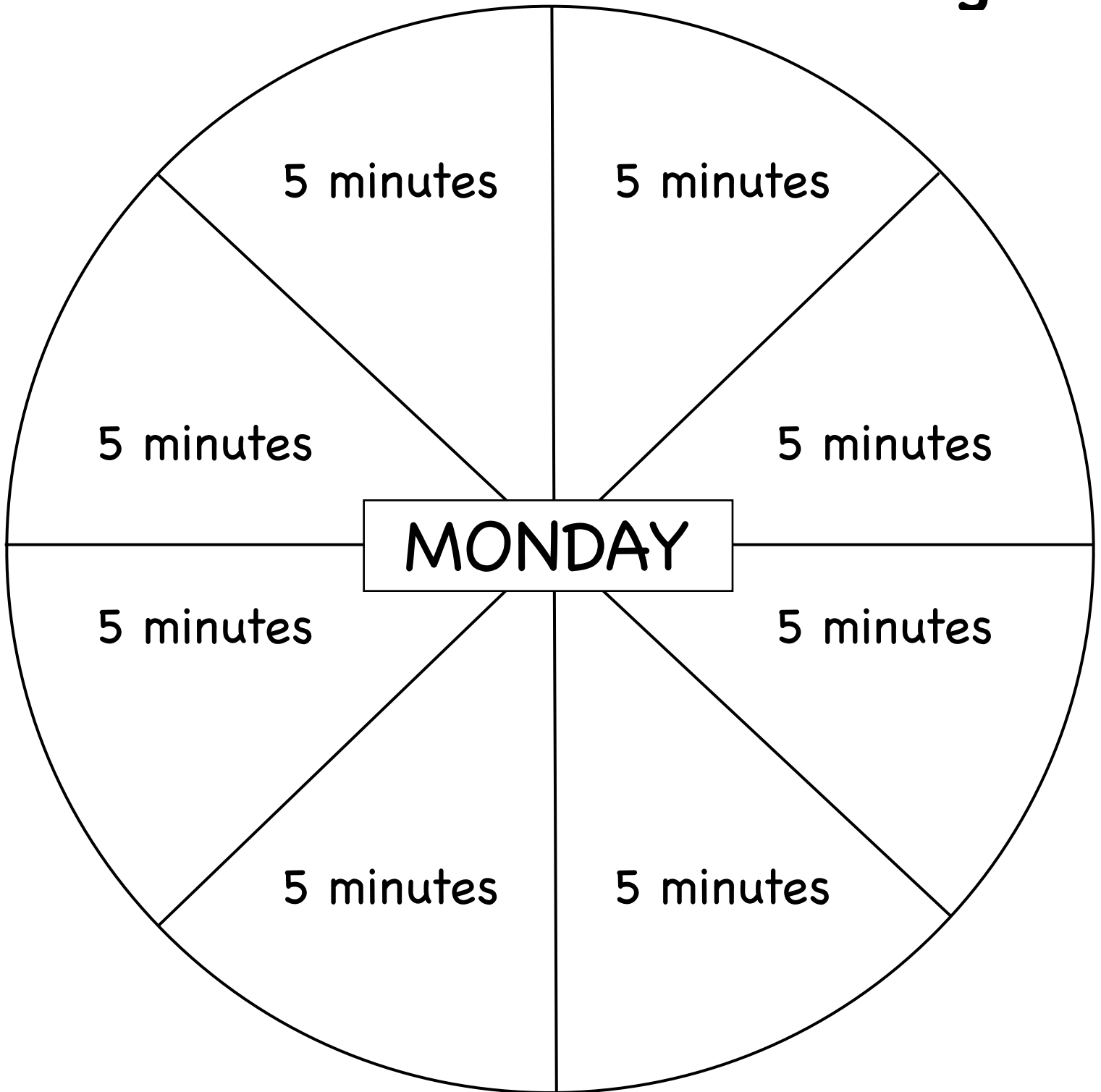


# Daily Physical Activity Chart

## Fit & Fun! Get the ball rolling...



Can you do something physically active for 40 minutes every day of the week? Color in a wedge each time you complete 5 minutes of physical activity outdoors or inside!