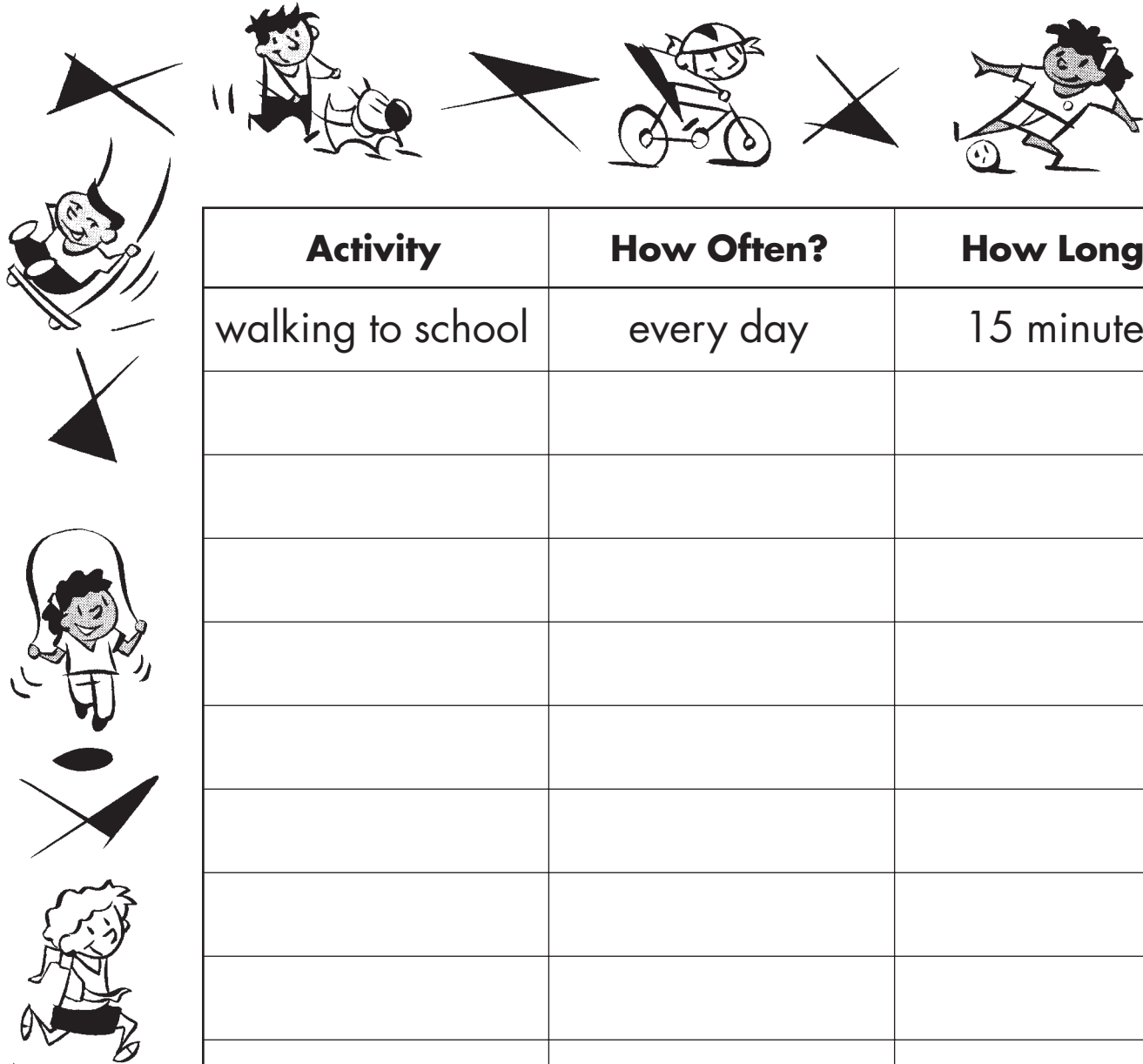


NAME _____

Activity Checkup

Think of activities you can do that make you move your body.
Write the name of an activity. Write how often you do it.
Write how long you do it.



Activity	How Often?	How Long?
walking to school	every day	15 minutes