## Exercise is FUN! - Track your Move It Minutes:

Write in your activities!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
Color in the Star when you have done 1 hour!	$\Delta$	$\Delta$	$\Delta$		$\Delta$	$\langle \rangle$	$\langle \rangle$
Extra Move It minutes							



My favorite Move It activities are:

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