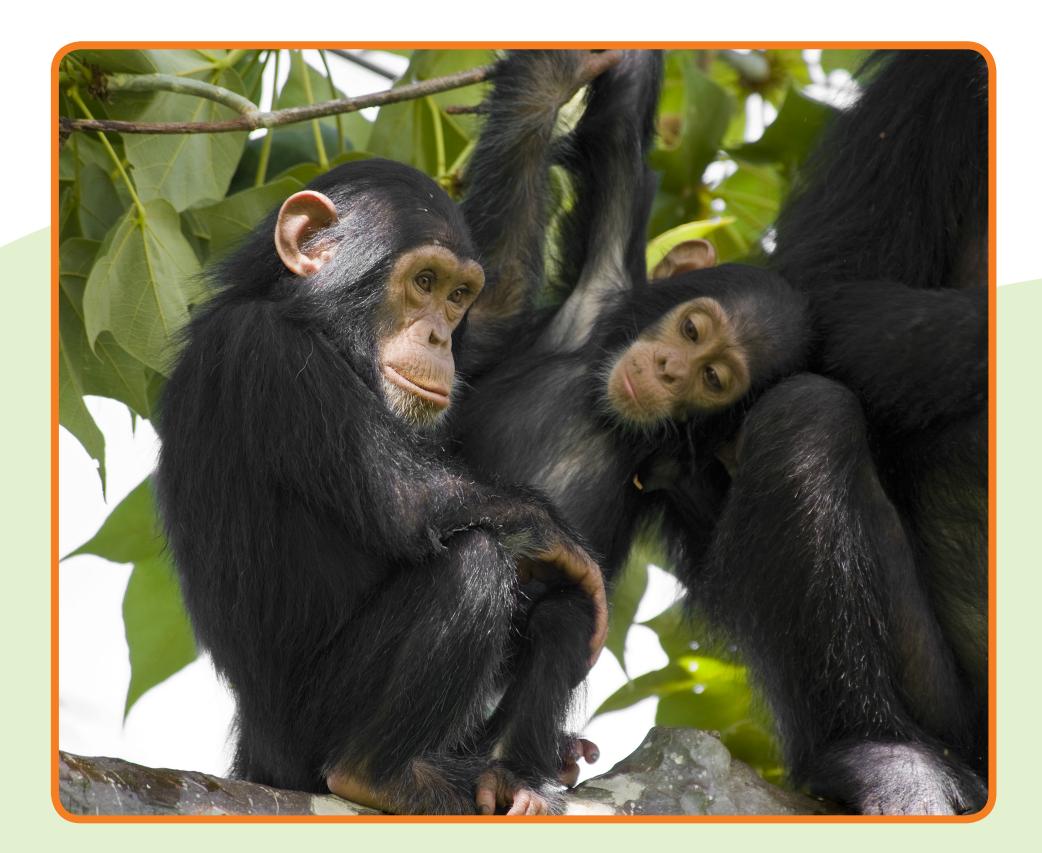
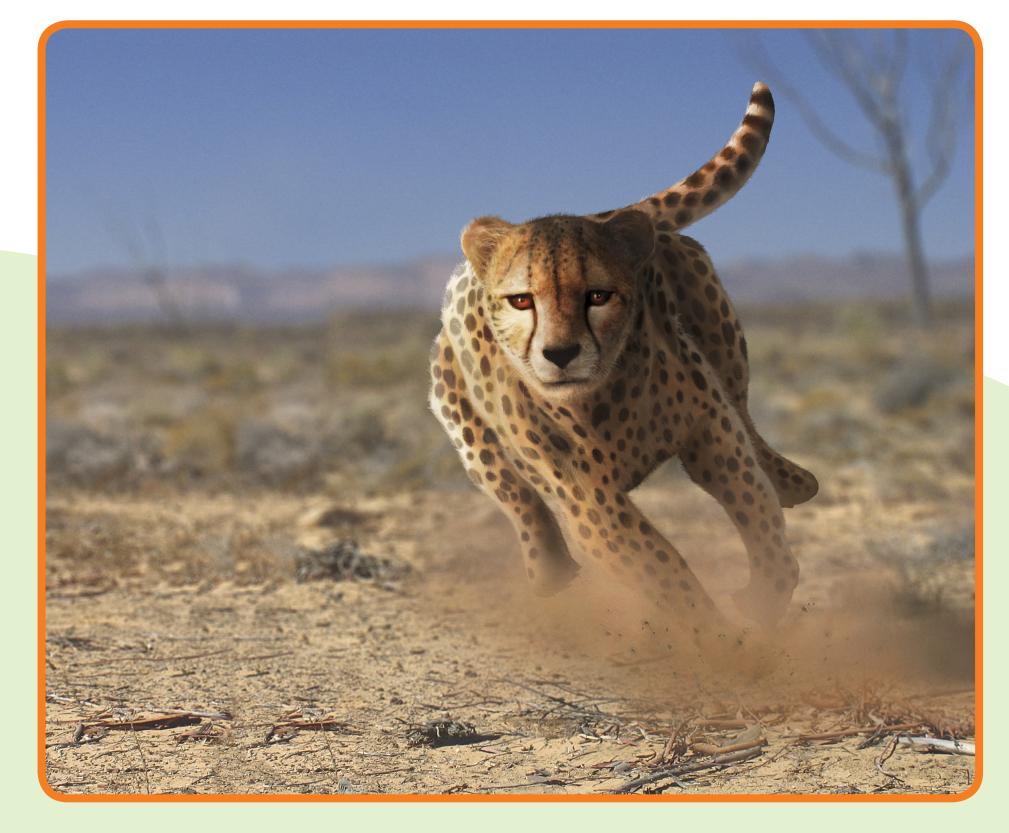
Plan to Move During Your Day



Would you rather be as acrobatic as a chimp or as fast as a cheetah?





Would you rather be as strong an ant or as graceful as a gazelle?





Would you rather move fast, slow, or somewhere in between?

You have a lot of choices about when you move, how you move, and where you move!

WHEN, WHERE, AND HOW WILL YOU MOVE TODAY? TOMORROW?









Think about all of the ways you can move. Let's plan how we can move at home this weekend!



Let's plan how we can move at home this weekend!

Name	
My Weekend	
Move Timeline	
Write or draw what moves you Saturday	will choose to do this weekend. Sunday
Morning	Morning
Afternoon	Afternoon
Evening	Evening
Night	Night

