



I LOVE to be physically active! On Mondays I
perform _____ with great ease.
NUMBER BETWEEN 1 & 25 NON-LOCOMOTOR ACTIVITY

On Tuesdays I _____ with joy and
LOCOMOTOR ACTIVITY
then touch my knees. On Wednesdays I wiggle
my _____ while counting to ten. On
BODY PART

Thursdays I _____ times
NON-LOCOMOTOR ACTIVITY NUMBER BETWEEN 1 & 25
and then I do that again. On Fridays my feet
_____ with glee and on Saturdays
EXERCISE PERFORMED ON FEET
my arms do _____ joyfully.
NUMBER BETWEEN 1 & 10 UPPER BODY EXERCISE

On Sundays I rest and drink _____ cups of
NUMBER BETWEEN 1 & 10
water. I might drink more as the weather gets
hotter. I encourage my _____ to
FAMILY MEMBER
exercise with me. Being strong and healthy is
how we want to be. I might _____
STRETCH
to stretch my muscles out, and then
_____ to shake it all about. I know
GOOD DANCE MOVE
that exercise makes me super fit, so I'll finish
each day with _____
NUMBER BETWEEN 1 & 25 LOWER BODY EXERCISE
because

WINNERS NEVER QUIT!