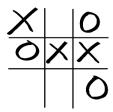
Tic-Tac-"Tone" Fitness Board

Played like tic-tac-toe. To claim a square, perform the exercise!



(Change exercises / squares to suit your family)

Jump Forward and Back	Sit-ups	Jumping Jacks
↑ March	Free Choice	Push-ups
Lift Weights	Touch Toes	Stretch Arms Up

PCS® and Boardmaker by Tobii Dynavox® All rights reserved. Used with permission.