

ILLUSTRATIONS: FREEPIK



Move & Groove

FITNESS TRACKER

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| DATE | ACTIVITY | MINUTES |
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Move & Groove

WHAT ARE SOME OF YOUR FAVORITE

ACTIVITES TO GET ACTIVE?

ACTIVITY

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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