

Miss Farah's Fitness Fun Checklist

Staying healthy is important and can help you feel better all day. Use this key card to track all the things you do to stay happy and healthy! (:

Your card:



Going for a walk.



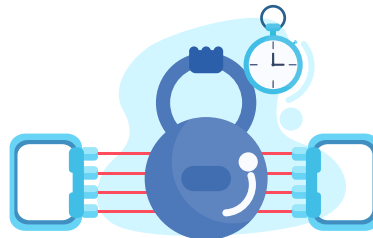
Getting enough sleep.



Eating fruits & veggies.



Making time for happy thoughts.



Keeping yourself organized.



Washing your hands to keep germs away.



Listening to music.



Keeping track of time.



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