

Hey guys!

It's time to make your own action plan! It's easy! Just fill in the blanks below. If you need ideas, check out the back of this page for some cool ideas.

Cut Down On

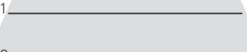


1_____



Sitting Around

2-3 Times a Week





Strength and Stretching Activities



3-5 Times a Week

1_____



Activities that Make Your Heart Go



Everyday

1 _____

Everyday Activities



