

BE A PAL

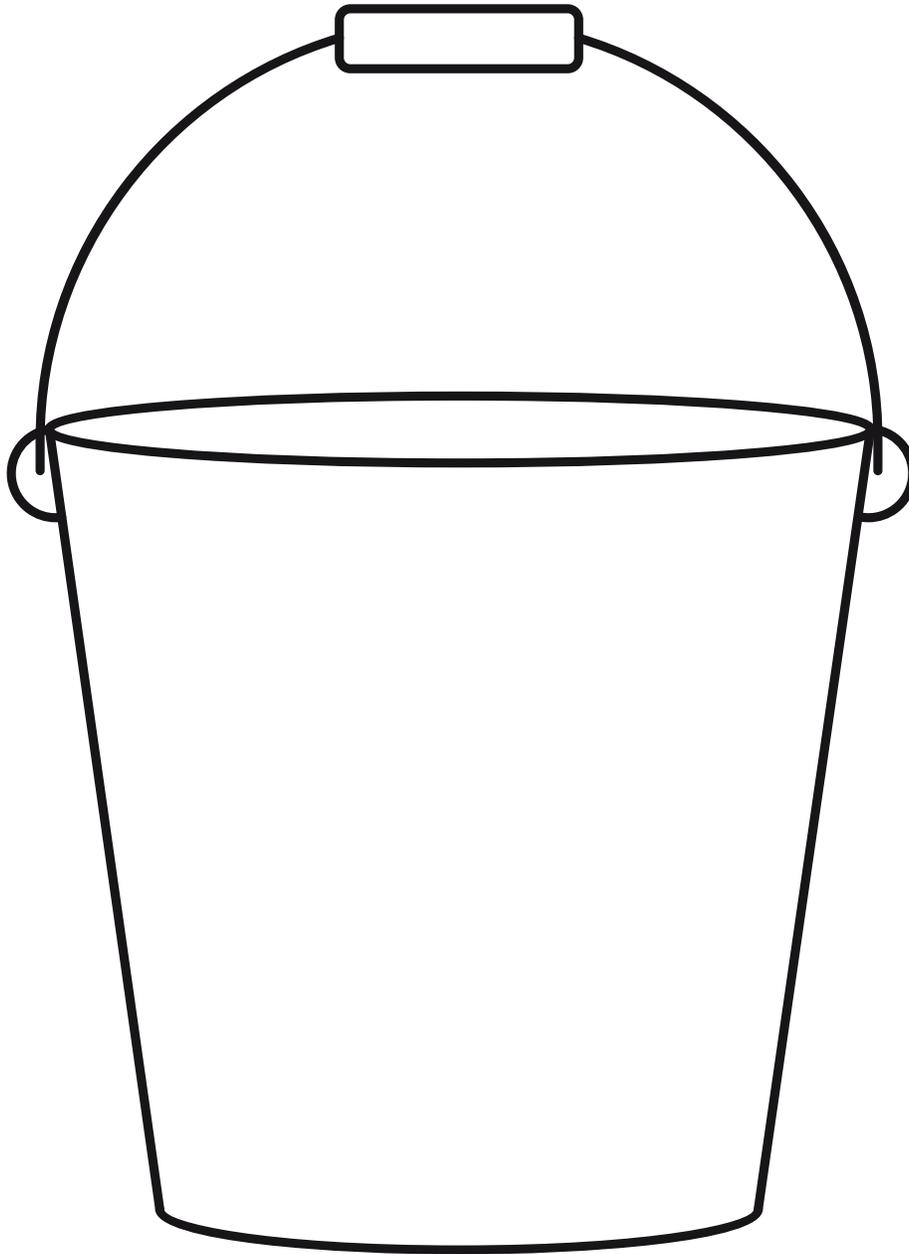
GOAL

YOU

Be your best **YOU**.

To learn more about the 9-5-2-1-0+YOU goals, visit FitnessforKidsChallenge.com.

ACTIVITY: HOW CAN YOU BE A PAL? In the pal below, write some things you can say to someone who is having a bad day.



www.FitnessforKidsChallenge.com