

ALL ABOUT ME

GOAL

YOU

Be your best YOU.

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

ACTIVITY: DRAW A PICTURE OF WHAT MAKES YOU FEEL EACH OF THE EMOTIONS.

Makes me happy

Makes me sad

Makes me surprised

Makes me tired

Makes me mad

Makes me excited

