

COMPLIMENT YOURSELF

GOAL

YOU

Be your best **YOU**.

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

ACTIVITY: WRITE ABOUT YOURSELF IN THE BOXES BELOW.

My classmates say I'm great at...

I feel very happy when...

Something I am really proud of is...

3 things I really like about myself are...

- 1.
- 2.
- 3.

