

# A LITTLE SOMETHING EXTRA

## GOAL

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Engage in 1 hour or more of physical activity every day.

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## CHALLENGE: FIND EVERYDAY WAYS TO MOVE MORE!

This week's activity is about making healthy decisions! Try making choices that will add a bit more movement to your day. Maybe you can park farther away when you go with your parents to the store, if you have an upstairs bathroom, use that one so you have to use the stairs each time you go. Try to think of ways you can add more activity to your day!

In what ways did you add more activity to your day?

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How did you feel afterwards?

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**Tip to take away:** Making the extra effort to add a bit more activity to your day can make a big difference! Each extra activity means you're burning more calories and will keep you moving toward a healthier you!

