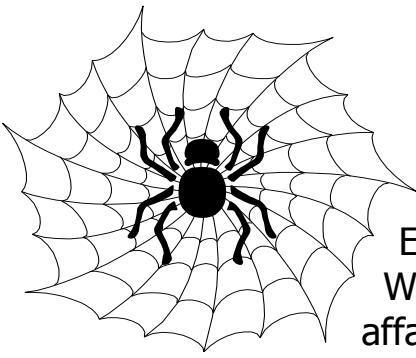


Frightfully Fit



Earn points for being physical active during, Witch month?, October. It will be a "ghoulish" affair, and one that you want to be caught dead doing! Every one has a ghost of a chance to win a prize. Rules: For every 15 minutes of moderate to vigorous physical activity you engage in, color in one of the shapes below. You can not count more than 1 hr a day towards your "ghoul" (4 shapes). Challenge starts October 1st and ends Halloween night (Oct. 31st).

Don't let an inactive lifestyle haunt your health!



Start: 



Name _____ Return your sheets to Julie Jones by November 6th.