Frightfully Fit

Earn points for being physically active during, Witch month, October. It will be a “ghoulish” affair, and one that you want to be caught dead doing! Everyone 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.

Developed by the Dorchester County Health Department, Health Education Program, Cambridge, Maryland