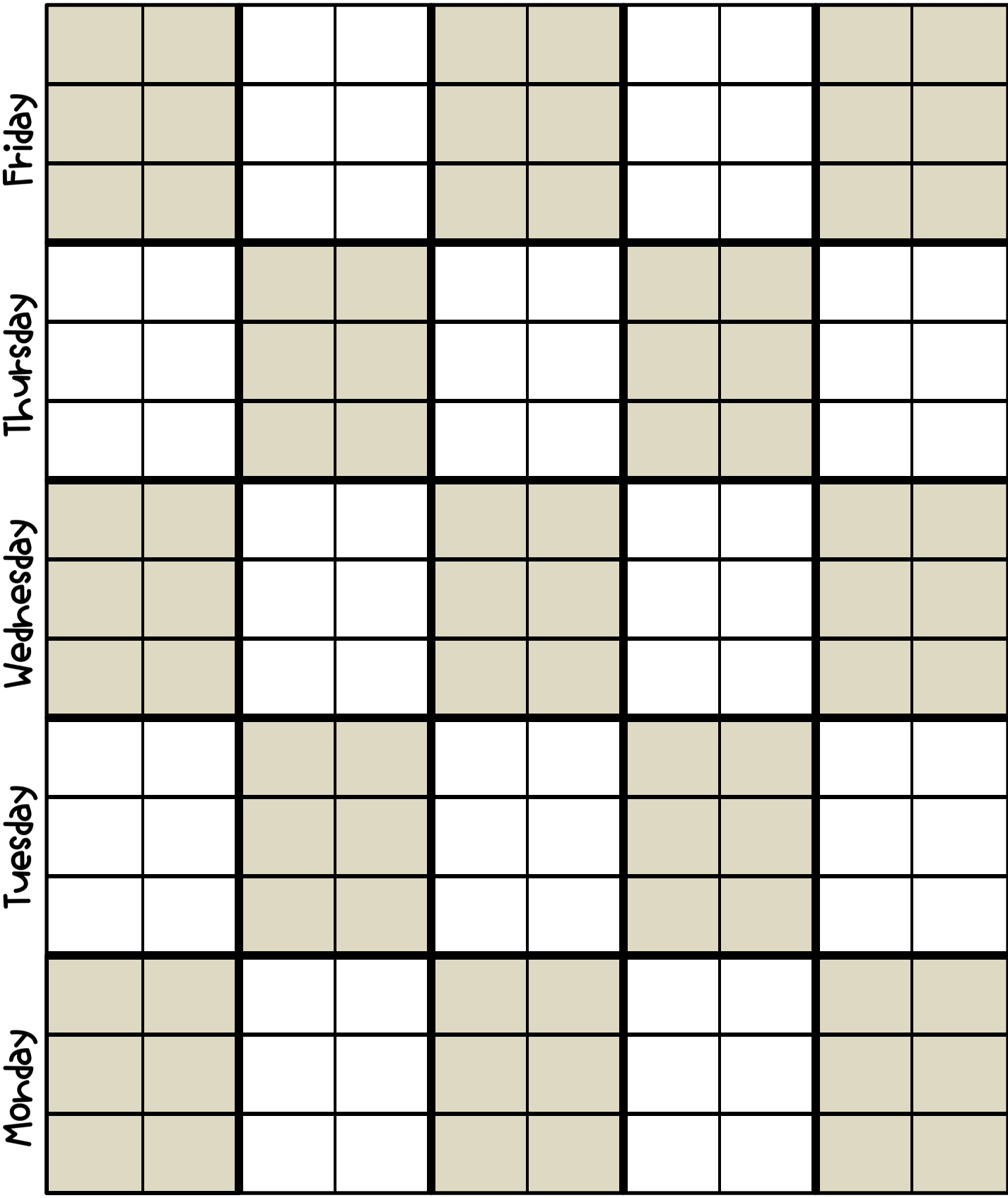
Color in one small box after 10 minutes of physical activity




MONTH of: _____