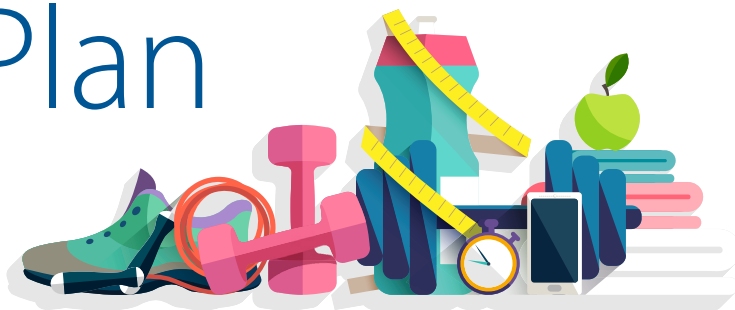


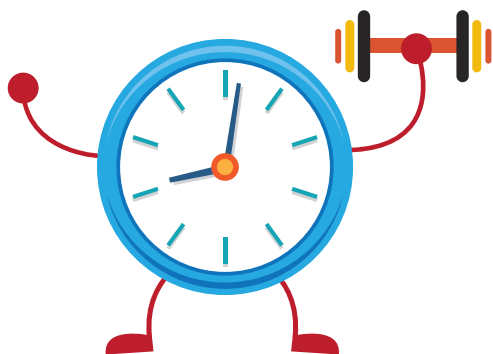
My Exercise Plan

AGENT: _____



List 5 ways you like to exercise:

1. _____
2. _____
3. _____
4. _____
5. _____



*Aim for 60 minutes
of exercise each day!*

Draw a picture of your favorite exercise:

