Name_____

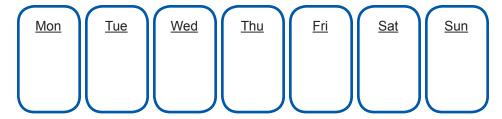
RECHARGE Daily

My fit Challenge:

My fit Challenge:

I will skip the screens!

Mark the days you unplug and relax without a screen. Will you read, draw, rest, write, or do puzzles?

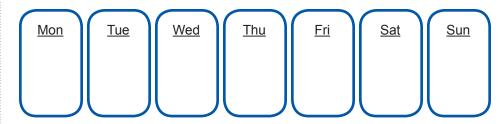


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RECHARGE Daily



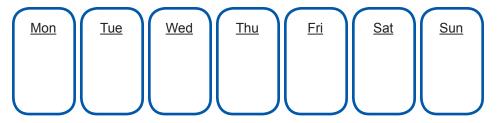
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Name_____ RECHARGE Daily

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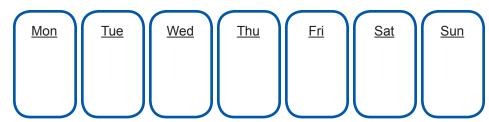


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RECHARGE Tracker

Fill in a square each time you do a RECHARGE activity. Write or draw what you did toRECHARGE your energy.

Day/ Time:	Day/Time:	Day/ Time:	Day/ Time:	Day/Time:
Day/Time:	Day/Time:	Day/Time:	Day/Time:	Day/Time: