

Name _____

Power Your Brain

My *fit* Challenge:

**I will power my brain
with a MOVE each day.**

Mark each day you power your brain by moving your body.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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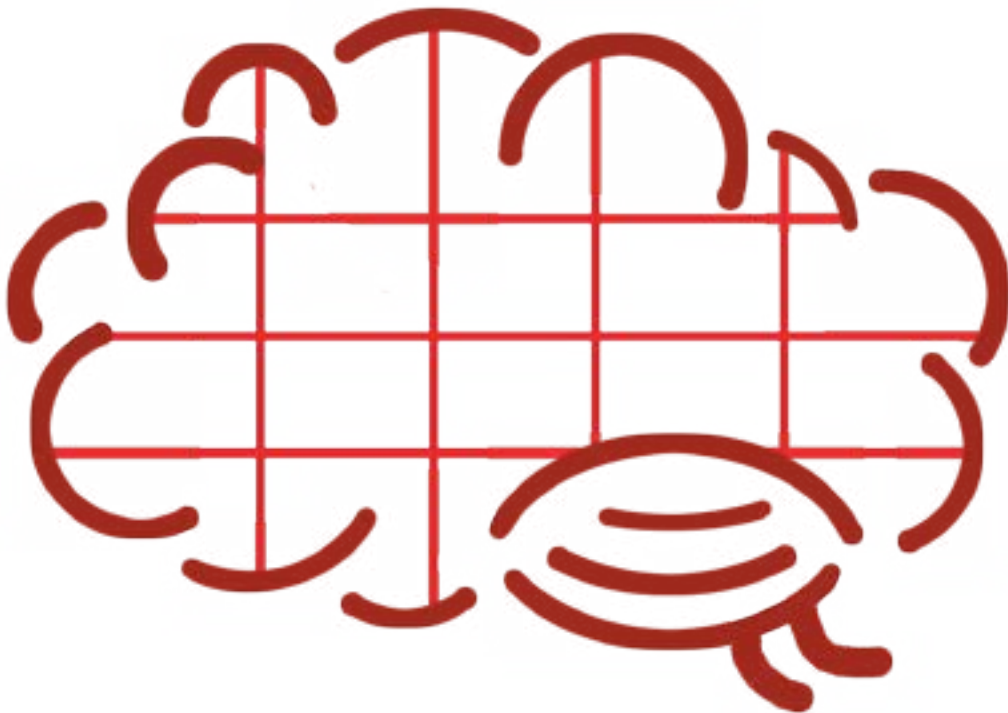
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Brainpower Challenge

Write or draw how you moved in the box below.
Then fill in one section of the brain for each time you moved.



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MOVE Challenge

MOVE
Your Body



