

Name _____

Healthy Choices

Think about how you can MOVE more often at school and at home.
Show three ways you will choose to MOVE more often in your day.

I will...

I will...

I will...



Name _____

How Can You MOVE?

Think about different ways you can MOVE,
then make a top 10 list of your favorites.

1

2

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Name _____

How Can You MOVE?

Think about different ways you can MOVE throughout your day and make a list.

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- 60 _____



Name _____

My MOVE Timeline

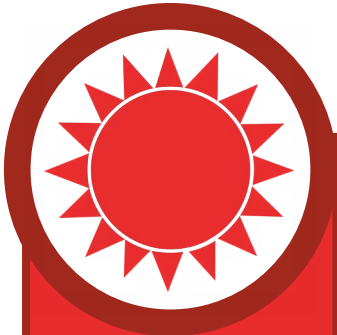
Draw or write ways in which you will MOVE throughout your day.

The diagram features a central horizontal bar divided into four segments: Morning (light red), Afternoon (dark red), Evening (medium red), and Night (bright red). Above the bar are two large empty circles, and below are two more. A sun icon is on the left, and a moon and stars icon is on the right.

Name _____

My Weekend MOVE Timeline

Draw or write what moves you will do this weekend.



Morning

Afternoon

Evening

Night

Saturday



Sunday

