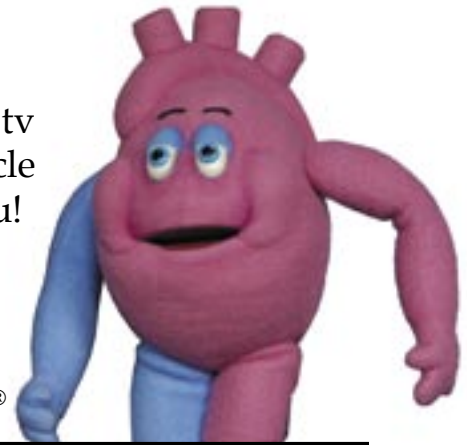


Extreme Couch Potato

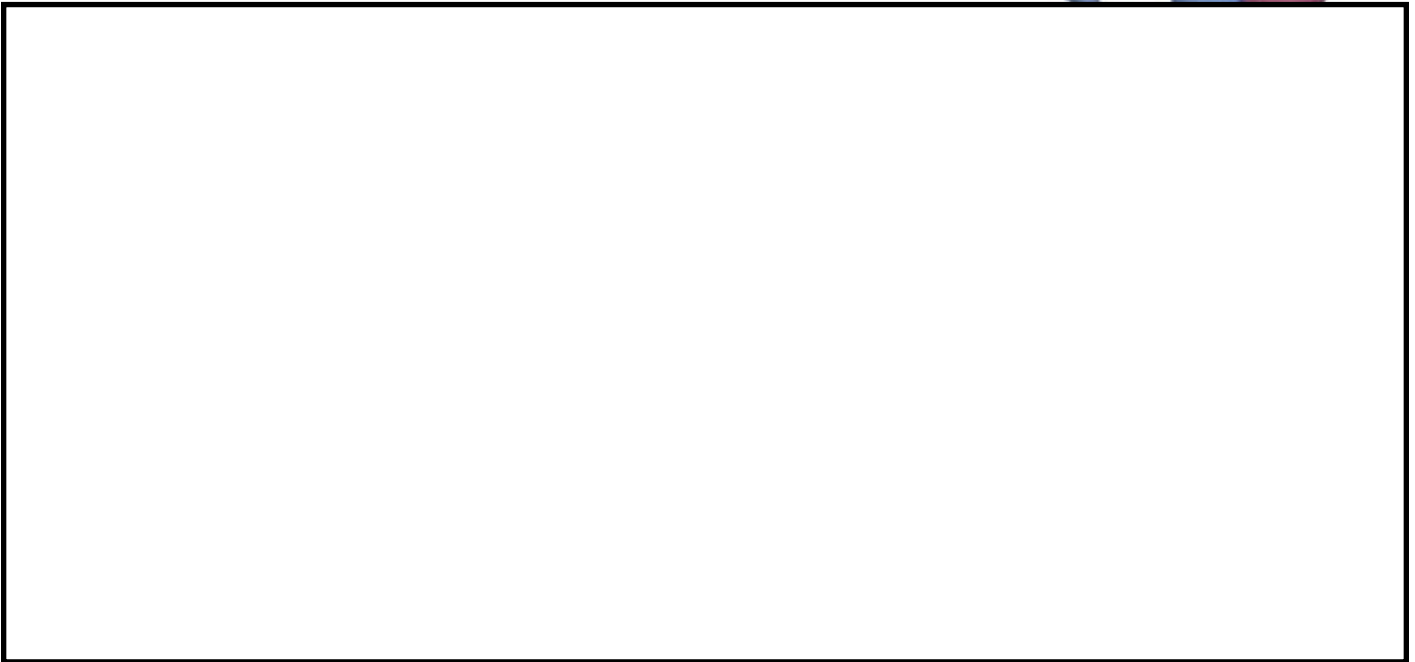
Activity / Primary Elementary

Hardy Heart was way out of balance with his tv watching and snacking habits. Madame Muscle wants to make sure this doesn't happen to you! Follow the directions below.

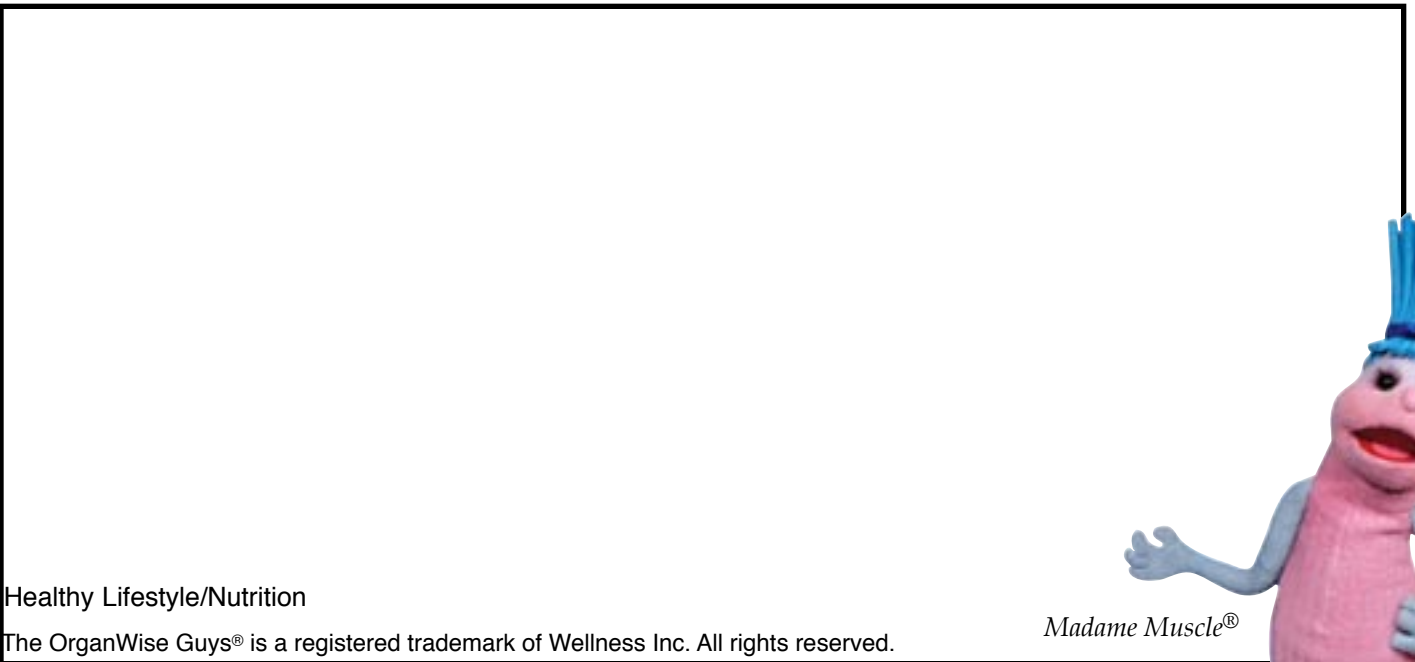


Hardy Heart®

1. Draw and color a picture of your favorite part of *Extreme Couch Potato*.



1. Madame Muscle wants to know how you move to stay healthy. Draw a picture of yourself doing your favorite physical activity.



Madame Muscle®

Now it's time to track how much physical activity you are getting each day. An easy way to do this is to keep track in 10 minute increments. Every time you are moving for 10 minutes straight, circle one of the 10's. Your goal is to do at least 60 minutes of physical activity each day. Ask an adult you live with to help you keep track.

MONDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____

FRIDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____



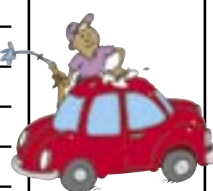
TUESDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____

SATURDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____

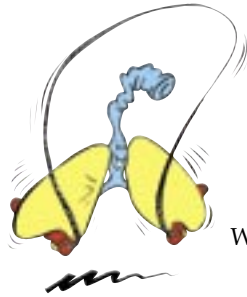


WEDNESDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____

SUNDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____



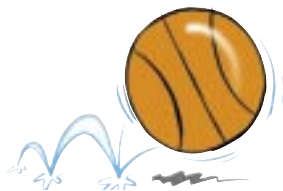
THURSDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____



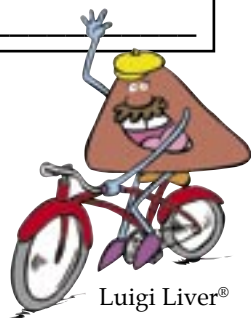
Windy®



Calci M. Bone®



Healthy Lifestyle/Physical Activity



Luigi Liver®



Madame Muscle®



Hardy Heart®