

Extreme Couch Potato

Activity / Upper Elementary

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

Hardy Heart®



1. What was your favorite part of the *Extreme Couch Potato* show and why?
2. What important lesson did you learn from the show and how do you plan to use it in your life?
3. Madame Muscle knows that being physically active keeps her strong. List 3 ways that you get physical activity.
4. Pretend you have a friend that is an *Extreme Couch Potato*. What would you say or do to help them get more 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.

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	_____

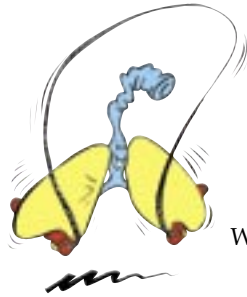


WEDNESDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____

SUNDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____



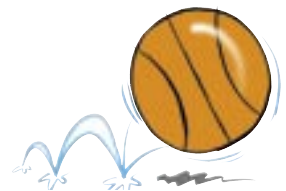
THURSDAY		ACTIVITY
10	10	_____
10	10	_____
10	10	_____



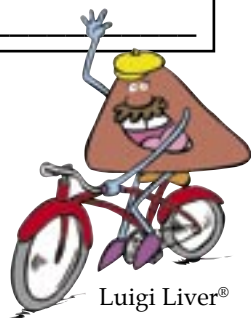
Windy®



Calci M. Bone®



Healthy Lifestyle/Physical Activity



Luigi Liver®



Madame Muscle®



Hardy Heart®