

You walk or ride your bike to school. Collect two tokens.

Take a Fit Made Fun card

You jump rope with a friend.
Collect one token.

You only eat your cookie at lunchtime.
Miss one turn.

Place tokens here.

You eat lots of different colored foods.
Collect two tokens.

You play a sport with your friends. Collect two tokens.

Take a Fit Made Fun card

You forget to stretch before exercising. Go back two spaces.

You remember to cough into your elbow. Collect one token.

Catch your breath





Dance like a chicken. Collect two tokens.

Hop like popcorn popping!
Collect one token.

Swim like a fish. Collect one token.

Leap like a frog. Take two tokens.

Pretend to jump like a kangaroo.
Collect one token.

Walk like a penguin. Collect two tokens.





Jump like a tiger and roar! Collect two tokens. Reach up high and touch the sky. Collect one token. Reach down and touch your toes. Collect one token.

Spin around and take a bow. Collect one token.

Walk like a bird and flap your wings. Collect two tokens.

Wiggle your fingers and toes. Collect one token.





Pretend to juggle.
Collect two tokens.

Fly around like your favorite superhero. Collect two tokens.

Pretend to hit a baseball.
Collect one token.

Pretend to row a boat. Collect one token.

Hope on one foot. Collect one token.

Move like a robot. Collect two tokens.





















