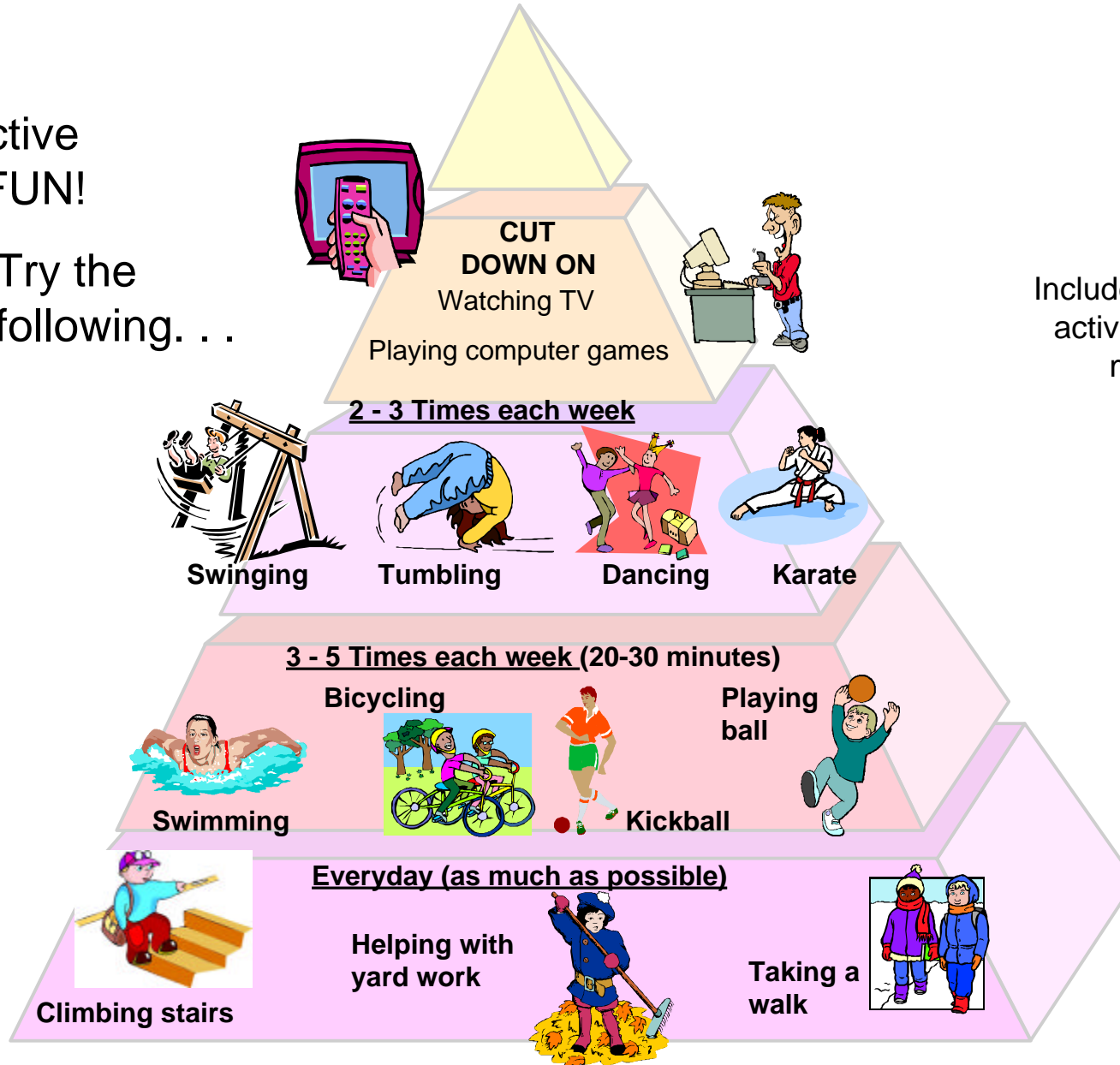


# ACTIVITY PYRAMID

Being active  
can be FUN!

Try the  
following. . .

Include your favorite  
activities for even  
more fun!



# MY ACTIVITY PYRAMID

Use this to see how active you are each week. This is just a tool for you to use to help you look at your activities on a weekly basis.

