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| --- | --- | --- | --- | --- | --- |
| **DATE**  | **ACTIVITY 1** | **ACTIVITY 2** | **ACTIVITY 3** | **ACTIVITY 4** | **TOTAL TIME** |
| **TUES**  |  |  |  |  |  |
| **WEDS** |  |  |  |  |  |
| **THURS** |  |  |  |  |  |
| **FRI** |  |  |  |  |  |
| **SAT** |  |  |  |  |  |
| **SUN** |  |  |  |  |  |

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|  NAME ----------------------------- CLASS ------------------------------TEACHER---------------------------- | I WAS ACTIVE FOR 60 MINUTES EVERY DAY  |  |