### May

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
</tr>
</thead>
</table>

Each day fill in what physical activity you did and how many minutes you did it.

**Name** ____________________________

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**Outdoor Spring Activities**

Find the activities hidden below. Can you spot the hidden message?


For more resources visit: [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move)

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