February

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

Name ____________________________

For more resources visit: www.4-h.uiuc.edu/opps/move

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Nutrition Facts Label

Unscramble the following words to find things found on a Nutrition Facts Label.

1. etolhecrlos
2. toirnpe
3. asft
4. aorcslie
5. suodim
6. iitnvam A
7. maclci
8. oinr
9. tvniiam C
10. mtaoun rep nrsiveg

February total minutes of physical activity

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