



My Activity Plan

My Daily Goal: 60 minutes

What Will I Do?	# of minutes

What Will I Do?	# of minutes

Adapted from the University of Florida, IFAS Extension, Department of Family, Youth and Community Sciences, 2005, <http://fycs.ifas.ufl.edu/pyramid/index.htm>

For more information, visit <http://www.mypyramid.gov/>

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