



Name:

Date:

My Snack-and-Act Pact

Instructions: First, make a list of some of the healthy foods you like to eat for snacks. Then design a 5-minute workout that gets your blood flowing! In each box, write or draw the action or movement you will do. Try to have a good mix of high-energy and low-energy activities, and be sure to give yourself time to catch your breath!

Healthy Snacks I Like to Eat



A Real ACTION Plan!

