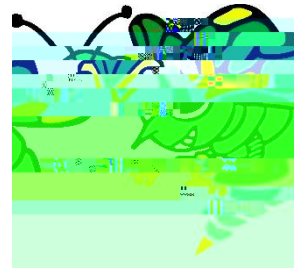


DECEMBER

CHALLENGE



Discover · Explore · Practice · Create

<i>Target #</i>	<i>Target</i>	<i>Can I?'s</i>
F2.1	I CAN meet the healthy fit zone for at least 2 of 4 health-related fitness activities.	Meet the healthy fitness zone for push ups Meet the healthy fitness zone for curl-up? Meet the healthy fitness zone for sit and reach Meet the healthy fitness zone for PACER
F2.2	I CAN identify relationships between, physical activity, nutrition, and body composition.	Define physical activity Define nutrition Define body composition