



SHERMAN'S ACTIVITY GUIDE!



SHERMAN MAKES SURE TO GET AT LEAST 60 MINUTES OF EXERCISE IN EACH DAY AS IT'S VERY IMPORTANT IN ORDER TO STAY HEALTHY. HERE ARE SOME GREAT ACTIVITIES THAT SHERMAN DOES TO STAY ACTIVE THAT YOU CAN ALSO DO AT HOME!

ACTIVITY	MON.	TUE.	WED.	THR.	FRI.	SAT.	SUN.
PLAY CATCH							
GO FOR A WALK/RUN							
RIDE A BIKE							
PLAY IN THE PARK							
OTHER ACTIVITY							

MARK DOWN WHEN YOU COMPLETE AN ACTIVITY ABOVE! CAN YOU DO ONE ACTIVITY A DAY FOR A WEEK?

1. WHAT IS YOUR FAVORITE ACTIVITY TO DO OUTSIDE?
2. WHAT IS YOUR FAVORITE DRINK WHEN EXERCISING?
3. CAN YOU NAME 5 ACTIVITIES SHERMAN SHOULD TRY?