Up and Running Stay Strong!

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| Week  |  |
| Go RUN! (What did I do?) | Be STRONG! How I stayed Strong this week: (what other movements did I do?) |
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| Have HEART! (how I felt, what I think about) | Be HEALTHY! (How did I support my healthy body. What did I eat, make for lunch, how did I sleep?) |

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| Week |  |
| Go RUN!  | Be STRONG! |
|  |  |
| Have HEART!  | Be HEALTHY! |
| Week |  |
| Go RUN!  | Be STRONG! |
|  |  |
| Have HEART!  | Be HEALTHY! |

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| Week |  |
| Go RUN!  | Be STRONG! |
|  |  |
| Have HEART!  | Be HEALTHY! |