

My Junior Governor's Cup Path

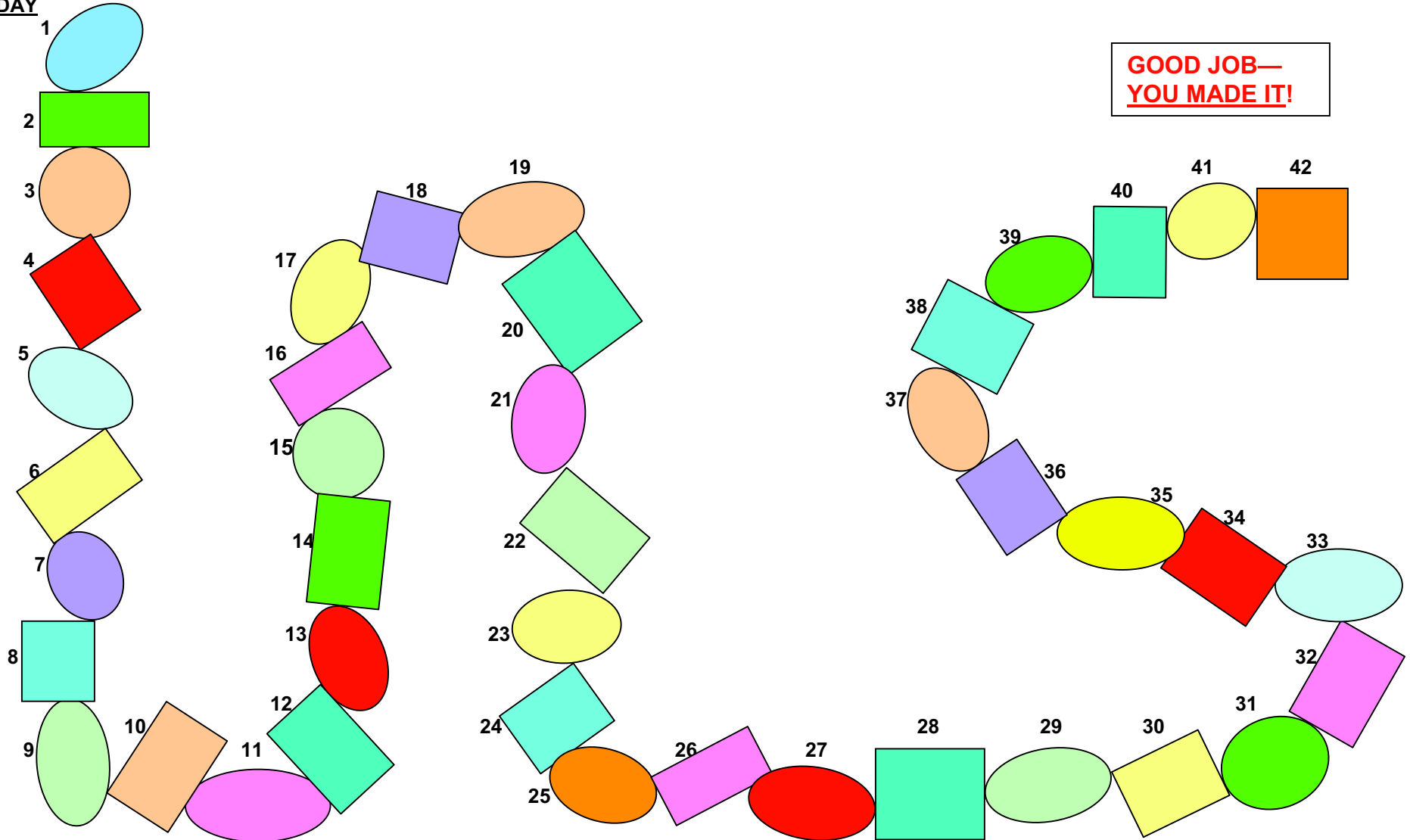
START HERE!

Put a **B** inside the shape for each day you have breakfast.

Put one **X** inside the shape *for each 15 minutes* of exercise you do on that day.

Put an **S** inside the shape for each day you participate in the training program at school.

DAY



**GOOD JOB—
YOU MADE IT!**