



FITNESS STAR

You are invited to become a FITNESS STAR!

WHY SHOULD I BECOME A FITNESS STAR?

Because your health is important to us and it certainly should be important to you!

WHAT DO I NEED TO DO?

It's easy! Just practice and track three simple healthy habits:

1. Drink 5 glasses of water everyday
 - 16 oz each
2. Get 20 minutes of exercise at least 5 days a week. Do things such as:
 - Play basketball - Dance - Mow the lawn - Go on a walk
3. Drink no more than 1 small bottle or can of pop in a day.
 - This includes diet pop. Remember, diet pop is not good for you!



MY FITNESS CARD IS GETTING FULL. NOW WHAT?

1. At all State Games there will be a FITNESS STAR Station. Drop your tracking card here.
 - Be sure to pick up a new card and continue your fitness work.
2. If you can't drop your card off, just mail it to the SOSD state office and we will mail you a new one.

ONE MORE THING...

- Those of you who have the most X's on your card will be recognized in our programs
- We may also add cash prizes if this program catches on. Tell your friends!

BE HONEST... ONLY GIVE YOURSELF CREDIT IF YOU DESERVE IT!

Questions? Contact Johna 605.331.4117 jthum@sosd.org

Name: _____

Date You Started This Card: _____

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 8	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 9	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 10	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 11	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 12	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 13	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 14	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 15	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 16	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 17	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							

Week 18	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Water							
Exercise							
Pop							