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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Write in your activities!** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| *Example: Help mom wash the car.* | *30 minutes* |  |  |  |  |  |  |
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My favorite physical activity that I did this week was: