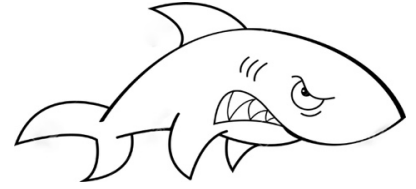


SHARKS DON'T COMPLAIN. THEY'RE UP EARLY. BITING STUFF.  
CHASING THINGS. BEING SCARY. REMINDING EVERYONE THAT THEY'RE  
A FREAKING SHARK.

Name: \_\_\_\_\_

Week: April 20—April 26

**BE A SHARK.**

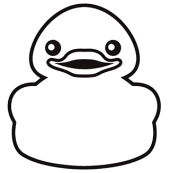


MON TUES WED THURS FRI SAT



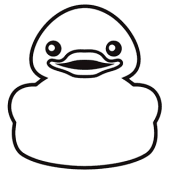
**EAT A FRUIT AND VEGETABLE**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------



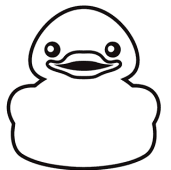
**GET 8+ HOURS OF SLEEP**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------



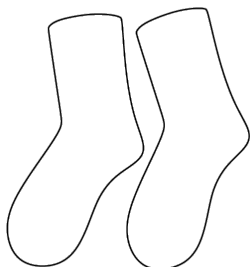
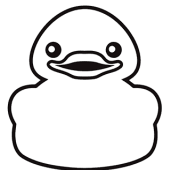
**TRAIN FOR AT LEAST 1 HOUR**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------



**STRETCH FOR 10 MINUTES**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------



**DO SOMETHING FUN! ☺**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

