

Physical Activity Chart

Keep this sheet with you at home!

Each time you do learn a trick, take a sticker and put it in one of the squares. See how quickly you can fill up the sheet. Check to see if you are doing stretches that will tune up your body all over.

When you have filled up one sheet, you could make another one. When you run out of stickers, just draw what you did.

Have a friend or a family member check out your progress. You can do it! You know you can!



ISCP/SKATZ®

560 Hensall Circle, Mississauga, Ontario L5A 1Y1

905.272.6888 w goskatzboarding.com w goskatz.com

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