



Share Your Why: Passport Edition



Physical Well-Being

Plan, Do, and Reflect on an activity
that includes one or more of the following:

- Being active
- Taking care of your body
- Making and eating healthy food

Ideas & Activities at
healthylamoillevalley.org/passport



Plan Your Why.

A Physical Well-Being activity that I can do with friends or family is:

When can I do the activity? Day: _____ Time: _____

What needs to happen before I am able to do this activity?



Do Your Why.

The activity I chose: _____



Reflect

What I liked about the activity I chose:

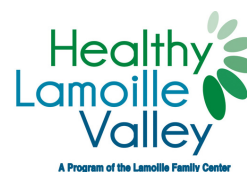
Something I might do differently next time:

One thing I will do every week to keep my body healthy:

Can we share this activity on our website using your first
name, last initial and grade? **YES NO**

Name: _____ **Grade:** _____

Return this completed sheet to a location listed at
healthylamoillevalley.org/passport



**When all 6 activity sheets are completed and turned in,
email passport@healthylamoillevalley.org**