

Have seven active days!



The next step is to plan your activities for a week. Write the name of at least one activity next to the name of each day. Include the names of some of your favorite sports and games, too.

How many can you do in one day? How many can you do in one week?
See how active you can be!

Day

activities

MONDAY

Tuesday

wednesday

t h u r s d a y

f r i d a y

sat u r d a y

sunday



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>