

Menu Card

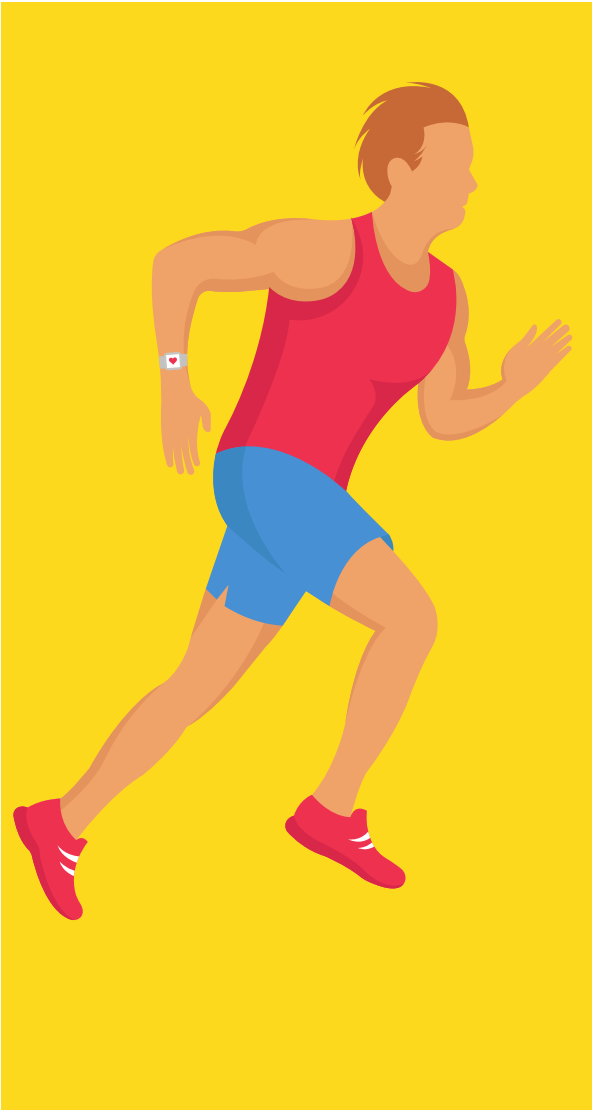


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Exercise Snack

Menu Card

Place a check mark once
you've completed that days
Exercise Snack

Mon	Tues	Wed	Thurs	Fri
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>