



# SPORTS JOURNAL



**I'm staying active at home by:**

**1.**

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**2.**

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**3.**

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**I'm still connecting with my team by:**



# MY FAVORITES

**At-home active family activity:**

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**At-home workout:**

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**Healthy snack:**

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**I can't wait to:**

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# SPORTS!

This time of the year,  
I normally participate in:

**SPORT**

**COACH or TEAM NAME**

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