


Cut out on solid lines and fold on dotted lines. Refer to Pumpkin Runner Lesson on page 14-18.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="604 1133 1495 1198">PHYSICAL FITNESS SCHEDULE</p>  <p>The illustration shows a woman on the left and a man on the right, both wearing blue t-shirts and dark pants. They are standing on a green circular patch of grass. The woman is holding a dumbbell in her right hand, and the man is holding dumbbells in both hands, performing a bicep curl. The background behind them is a yellow circular shape.</p>				