

# SHAPEDOWN



*Advanced*



*Just for Kids!*

## CONTENTS

| Chapter                   | Page |
|---------------------------|------|
| 1. CINDY'S RACE           | 1    |
| 2. SUNDAY SPECIAL         | 12   |
| 3. THE SQUIRT GUN STASH   | 26   |
| 4. MEETING MRS. WEBB      | 37   |
| 5. THE SMOKE OUT          | 53   |
| 6. GRANDPA'S DEAL         | 62   |
| 7. THE LAST LAUGH         | 72   |
| 8. THE CANDY STORE        | 81   |
| 9. MRS. WEBB'S REQUEST    | 91   |
| 10. BURNED SPAGHETTI      | 102  |
| 11. MRS. WEBB'S DEMAND    | 113  |
| 12. LITTLE MARSHMALLOWS   | 120  |
| 13. DAVID'S DRAWING       | 132  |
| 14. FULL MOON AT MIDNIGHT | 143  |
| 15. A SLOW DAY            | 153  |
| 16. SQUISHING LUNCHES     | 163  |
| 17. THE SIREN             | 173  |
| 18. MRS. WEBB TALKS BACK  | 183  |
| 19. CONGRATULATIONS!      | 194  |
| MY WEIGHT RECORD          | 196  |
| MY FOOD RECORD            | 197  |
| FOOD SUMMARY              | 198  |
| HUNGER SCALE              | 199  |
| FOOD PYRAMID              | 200  |
| LOVE LETTER               | 201  |

## ACTIVITY

## MY EXERCISE PLAN

As you start **ADVANCED SHAPEDOWN** it is time to make up a new exercise plan.

1. Matt and Cindy are making new exercise plans. Here are some fresh ideas for your exercise. Circle all the kinds of exercise you like to do.

|               |                  |                   |                      |
|---------------|------------------|-------------------|----------------------|
| swimming      | basketball       | football          | volleyball           |
| soccer        | softball         | ice skating       | roller skating       |
| hockey        | shooting baskets | running           | walking              |
| riding horses | ballet           | modern dance      | fast dancing         |
| jumping jacks | stretching       | sit ups           | hiking               |
| skiing        | biking           | stationary biking | mini-trampoline      |
| karate        | judo             | aerobics tapes    | TV exercise programs |
| country walks | roller blading   | running in place  | skipping             |

2. When could you exercise? Check off the times.

\_\_\_ set my alarm earlier and exercise (even for 15 minutes) before breakfast

\_\_\_ on my way to school (walking, biking or skating).

\_\_\_ play harder or run more in P.E. and during recesses.

\_\_\_ on my way home from school (walking, biking or skating).

\_\_\_ after school, go right to the gym or field to exercise

\_\_\_ before dinner, exercise (like stationary bike or dancing).

\_\_\_ after dinner, leave the dishes and take a walk or go to the gym.

\_\_\_ after dinner, turn on music and dance and romp as you clean up

## ADVANCED SHAPEDOWN

---

3. Who will you exercise with?

parent            step-parent    friend            neighbor    cousin    sister    brother  
teacher            coach            dog                my team    myself

4. For how many minutes will you exercise in one day?

30 minutes    60 minutes    90 minutes    other \_\_\_\_\_

5. How many times per week will you exercise?

4                5                6                7

6. What kinds of exercise will you do this week? (Look at the ones you circled in number 1.)

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_