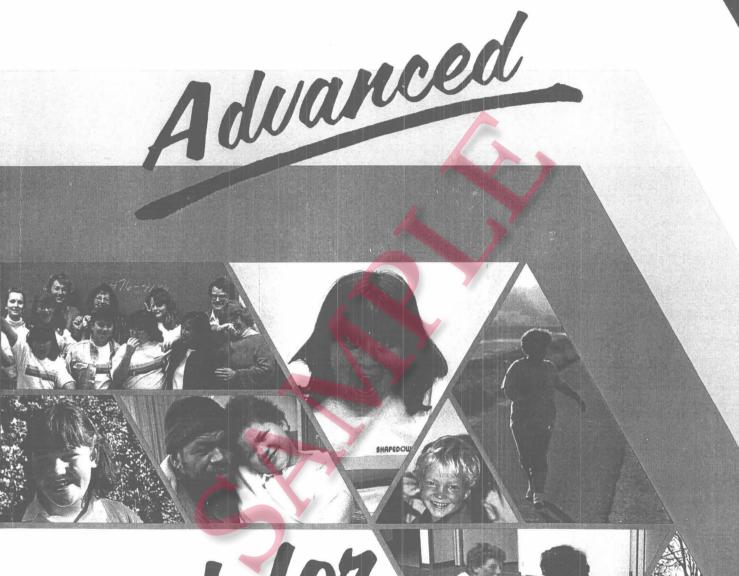
SHAPEDOWN



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 |

| 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 | | | | | | | | |
| | | | | | | | | |