Starday
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Sports & Movement Routine for Kids

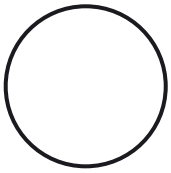
MORNING

- [ ] Morning stretch — Every day

DAYTIME

- [ ] Go to sports class — Tuesday & Thursday
- [ ] Go to dance lessons — Monday & Wednesday
- [ ] Walk or play outside — Every day

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.
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