The Mon 75

DAILY REQUIREMENTS

DO ONE 45 MIN. WORKO	UT
EAT ONE MEAL TOGETH THE TABLE	ER AT
D EAT A MINIMUM OF 5 OF FRUITS & VEGETABLE	
DRINK A GALLON OF WA	TER
READ AT LEAST 1 BOOK YOUR KID(S)	WITH
TAKE A PICTURE	
15 MIN. ME TIME	