

# Mongolian Adventure: Get in Shape!

Name: \_\_\_\_\_

Get in shape for your upcoming adventure! Identify your own physical fitness goal and the steps you will take to reach that goal. Then track your progress! Color in one backpack for each step you reach. When all 5 backpacks are colored in, you are ready for your adventure!

My personal goal: \_\_\_\_\_

Steps toward my goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

