

12345 Fit-Tastic!

1. Article
2. First Name Of A Person
3. Conjunction
4. First Name Of A Person
5. Verb - Present Ends In Ing
6. Location
7. Animal
8. Noun - Plural
9. Verb - Present Ends In Ing
10. Conjunction
11. Verb - Present Ends In Ing
12. Animal
13. Adjective
14. Noun
15. First Name Of A Person
16. Verb - Present Ends In Ing
17. Location
18. Verb - Base Form
19. Location
20. Conjunction
21. Verb - Past Tense
22. Noun
23. Location

24. Proper Noun - Plural
25. Animal
26. Adjective
27. Noun
28. Verb - Past Tense
29. Event
30. Adjective
31. Noun
32. Verb - Past Tense
33. Verb - Past Tense
34. Verb - Past Tense
35. Adjective
36. Verb - Past Tense
37. First Name Of A Person
38. Location
39. Event
40. Verb - Base Form
41. First Name Of A Person
42. Noun
43. Verb - Past Tense
44. Noun - Plural
45. Verb - Past Tense
46. Verb - Past Tense
47. Verb - Present Ends In Ing
48. Adjective

49. First Name Of A Person
50. Location
51. Adjective
52. Verb - Present Ends In Ing
53. Verb - Present Ends In Ing
54. Location
55. Animal
56. Article
57. Noun
58. Verb - Present Ends In Ing
59. Verb - Present Ends In S
60. Adjective
61. Noun
62. Verb - Past Tense
63. First Name Of A Person
64. Verb - Present Ends In Ing
65. Location
66. Verb - Past Tense
67. Adjective
68. Conjunction
69. Verb - Present Ends In S
70. Adverb
71. Pronoun
72. Verb - Present Ends In S
73. Pronoun

74. First Name Of A Person
75. Adjective
76. Pronoun
77. Verb - Present Ends In S
78. Pronoun
79. Pronoun

12345 Fit-Tastic!

On _____ Article _____ hot summer day, brothers, _____ First Name of a Person _____ Conjunction _____ First Name of
a Person _____, were _____ Verb - Present ends in ING _____ Location _____ with their _____ Animal _____, Diego. The
_____ Noun - Plural _____ were _____ Verb - Present ends in ING _____ around _____ Conjunction _____ Verb - Present ends in ING _____
their _____ Animal _____ Adjective _____ tricks. Inside the _____ Noun _____, the brother's mother, _____ First Name
of a Person _____, was _____ Verb - Present ends in ING _____ TV. The boys wanted their mother to come _____ Location _____ to
_____ Verb - Base Form _____ with them so they went _____ Location _____ Conjunction _____ Verb - Past Tense _____ her.

The boys persistence paid off and their _____ Noun _____ went _____ Location _____ to _____ Proper Noun - Plural _____ with
the boys and the _____ Animal _____. After 1 hour of _____ Adjective _____ activity, the _____ Noun _____ were ready to eat
! Elizabeth _____ Verb - Past Tense _____ vegetables for _____ Event _____, along with a _____ Adjective _____ Noun _____.

Once the boys _____ Verb - Past Tense _____ the vegetables _____ Verb - Past Tense _____ by their mother, they felt
_____ Verb - Past Tense _____. The boys were _____ Adjective _____ energized that they _____ Verb - Past Tense _____ their
_____ First Name of a Person _____ clean up the _____ Location _____ after _____ Event _____! Before the boys left to
_____ Verb - Base Form _____ basketball at _____ First Name of a Person _____ house, their _____ Noun _____, they took 4 servings
of water, not sugary drinks, with them to stay _____ Verb - Past Tense _____. The three _____ Noun - Plural _____
_____ Verb - Past Tense _____ and _____ Verb - Past Tense _____ so much from _____ Verb - Present ends in ING _____ basketball that they
needed _____ Adjective _____ water! Luckily, they were able to go into _____ First Name of a Person _____ Location _____ to
get _____ Adjective _____ water. After _____ Verb - Present ends in ING _____ most of the day _____ Verb - Present ends in ING _____
_____ Location _____ with the _____ Animal _____ and having fun with their friend, it was time for a banana, yogurt, and
_____ Article _____

_____ of milk. While _____ the milk, Jeremy told Keith and Mark that "milk
_____ you build _____ bones." Keith and Mark wanted to be strong like Jeremy
so they had another _____ of milk.

Later that evening, the brothers _____ a phone call from their mother, _____,
_____ them that it was time to head _____. The boys were _____
_____ to tell their mother of their _____ findings. They learned that 1 hour _____
more of physical activity per day _____ them feel _____; _____ should
not have more than 2 hours of screen time; 3 servings of low or nonfat milk or yogurt _____
_____ be strong like _____; 4 servings of water, not _____ drinks, helps
_____ stay hydrated; 5 servings or more of fruits and vegetables _____
_____ stay energized. _____ decided to call this 12345 Fit-Tastic!

Are you living Fit-tastic?