

Always Changing & Growing Up

**Physical Activity
Each Day, Every Day**

Action Plan

What Am I Going To Do:

How Long Will It Take (For Scheduling Purposes):

Where Am I Going To Do It:

What Time Of The Day Am I Going To Do It:

Who Am I Going To Do It With:

Reflections:

I Chose This Activity(ies) Because:

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



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