



# Fitness Passport

Add more play into your day by participating in the activities below.  
As you complete each activity, cross it out.  
Aim to complete at least EIGHT!

A grid of 10 white circles arranged in two rows of five. Dashed lines connect some of the circles, forming a path that starts from the bottom-left circle, goes up to the top-left circle, then across to the top-right circle, and finally down to the bottom-right circle. This path likely represents a sequence of activities to be completed.

COMPLETE BY:

**Better Every Day.**

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**