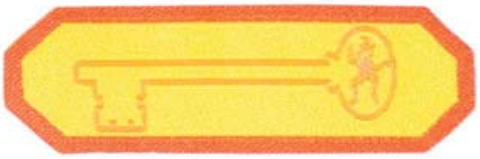
Brownie Record Sheet - Key to Active Living



	Feel the Pulse	Take your own pulse. What is normal for you?	Invite someone to talk about exercise and breathing.	Act out different parts of the body.	Outdoof Action	Try a winter activity with your Brownie friends.	Try a spring activity with your Brownie friends.	Plan a summer picnic with your unit. Have relays.	Plan an outside game.	Fabulous Food	Plan and make a meal with your unit.	Play restaurant owners and make up menus.	Try a new food from a different country.	Germ Buster	Make up a story about germs - funny but true.	Help fight germs. Clean an area at Brownies or home.	Learn to clean your toothbrush, hairbrush, comb.
	1	A	B	C	2	A	B	C	D	3	A	B	C	4	A	B	C
Date Completed / Girl's Name																	

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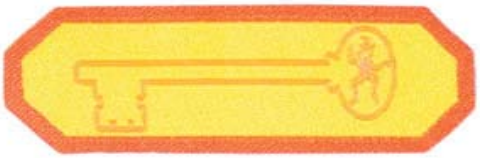

Girl's Name / Date Completed	Good Health	3 positive active things you do around the house.	3 positive activy things you do at school.	What is your fav. Sport? How often do you do it?	Zzzz - Good night	Tell a funny story about sleep and dreams.	Share some of your dreams.	Say No	Act out a skit where you say no.
	5	A	B	B	6	A	B	7	A