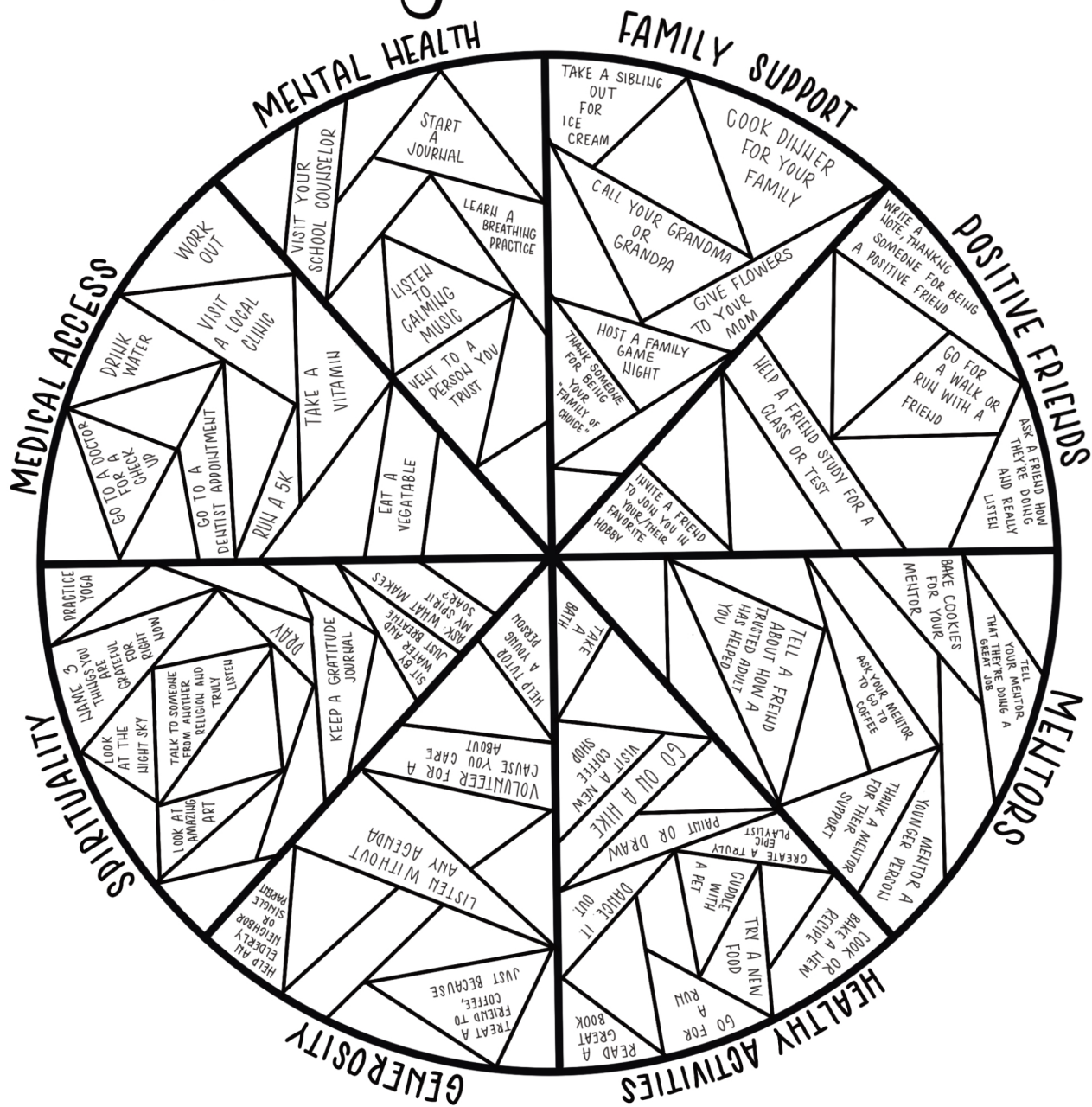


strength check in



DIRECTIONS:

COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- = Activity I regularly do
- = Activity I've done recently
- = Activity I'd like to try