

Sports & Movement Routine for Kids

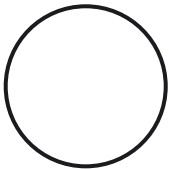
MORNING

- ☐ Morning stretch Every day

DAYTIME

- ☐ Go to sports class Tuesday & Thursday
- ☐ Go to dance lessons Monday & Wednesday
- ☐ Walk or play outside Every day

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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