12345 Fit-Tastic!

1.	Article
2.	First Name Of A Person
3.	Conjunction
4.	First Name Of A Person
5.	Verb - Present Ends In Ing
6.	Location
7.	Animal
8.	Noun - Plural
9.	Verb - Present Ends In Ing
10.	Conjunction
11.	Verb - Present Ends In Ing
12.	Animal
13.	Adjective
14.	Noun
15.	First Name Of A Person
16.	Verb - Present Ends In Ing
17.	Location
18.	Verb - Base Form
19.	Location
20.	Conjunction
21.	Verb - Past Tense
22.	Noun
23.	Location

24. Proper Noun - Plural
25. Animal
26. Adjective
27. Noun
28. Verb - Past Tense
29. Event
30. Adjective
31. Noun
32. Verb - Past Tense
33. Verb - Past Tense
34. Verb - Past Tense
35. Adjective
36. Verb - Past Tense
37. First Name Of A Person
38. Location
39. Event
40. Verb - Base Form
41. First Name Of A Person
42. Noun
43. Verb - Past Tense
44. Noun - Plural
45. Verb - Past Tense
46. Verb - Past Tense
47. Verb - Present Ends In Ing
48. Adjective

49. First Name Of A Person
50. Location
51. Adjective
52. Verb - Present Ends In Ing
53. <u>Verb - Present Ends In Ing</u>
54. Location
55. Animal
56. Article
57. <u>Noun</u>
58. Verb - Present Ends In Ing
59. Verb - Present Ends In S
60. Adjective
61. Noun
62. Verb - Past Tense
63. First Name Of A Person
64. Verb - Present Ends In Ing
65. Location
66. Verb - Past Tense
67. Adjective
68. Conjunction
69. Verb - Present Ends In S
70. Adverb
71. Pronoun
72. Verb - Present Ends In S
73. <u>Pronoun</u>

74. First Name Of A F

- 75. Adjective
- 76. Pronoun
- 77. <u>Verb Present Ends In S</u>
- 78. Pronoun
- 79. Pronoun

12345 Fit-Tastic!

On	Article	hot summer day, brothers,	First Name of	a Person	Conjunction	First Name of	of
a Person	, were	Verb - Present ends in ING	Location	with their	Animal ,	Diego. The	
1	Noun - Plural	Were Verb - Present ends in INC	around	Conjunction	Verb	- Present ends in ING	
their _	Animal	Adjectivetricks. In	nside the	Noun, the	brother's moth	er, First Nam	le
of a Perso	on, was _	Verb - Present ends in ING	IV. The boys	wanted their m	other to come	Location	to
	Verb - Base Form	with them so they went	Location	Conjunctio	on Ve	erb - Past Tense	_her.
The b	oys persisten	ce paid off and their	went	Location	to <u>Proper N</u>	Noun - Plural	with
the bo	ys and the	Animal . After 1 hour o	of <u>Adjective</u>	activity,	the <u>Noun</u>	were ready	y to eat
! Eliza	abeth <u>v</u> e	erb - Past Tense vegetables for	Event	, along with	a <u>Adjective</u>	Noun	
Once	the boys	Verb - Past Tense the vegeta	bles <u>Verb</u>	o - Past Tense b	y their mother	, they felt	
	Verb - Past Tense	The boys were	ener	gized that they	Verb - Past Te	nse their	
I	First Name of a Perso	on clean up the Locat	ion after	Event	Before the bo	oys left to	
	Verb - Base Form	basketball at First Nam	e of a Person	house, their	Noun ,	they took 4 serv	vings
of wat	ter, not sugar	y drinks, with them to stay	Verb - Past Ten	se . The thr	ee <u>Noun - P</u>	lural	
	Verb - Past Tense	and Verb - Past Tense	so much fro	om Verb - Pre	esent ends in ING	basketball th	nat they
neede	d <u>Adjectiv</u>	• water! Luckily, they w	vere able to go	o into First N	lame of a Person	Location	to
get	Adjective	water. After Verb - Preser	nt ends in ING	_ most of the da	ay Verb - Pre	esent ends in ING	
I	Location W	vith the <u>Animal</u> and h	aving fun wit	h their friend, i	t was time for	a banana, yogu	rt, and

Article

Noun of milk. While Verb - Present ends in ING the milk, Jeremy told Keith and Mark that "milk
Verb - Present ends in S you build bones." Keith and Mark wanted to be strong like Jeremy
so they had another <u>Noun</u> of milk.
Later that evening, the brothers <u>Verb - Past Tense</u> a phone call from their mother, <u>First Name of a Person</u> ,
Verb - Present ends in ING them that it was time to head <u>Location</u> . The boys were <u>Verb - Past</u>
Tense to tell their mother of their <u>Adjective</u> findings. They learned that 1 hour <u>Conjunction</u>
more of physical activity per day <u>Verb - Present ends in S</u> them feel <u>Adverb</u> ; <u>Pronoun</u> should
not have more than 2 hours of screen time; 3 servings of low or nonfat milk or yogurt
Pronoun be strong like First Name of a Person ; 4 servings of water, not Adjective drinks, helps
Pronoun stay hydrated; 5 servings or more of fruits and vegetables Verb - Present ends in S
Pronoun stay energized. Pronoun decided to call this 12345 Fit-Tastic!

Are you living Fit-tastic?

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