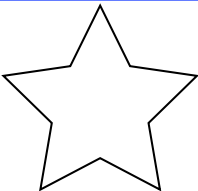
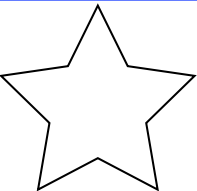
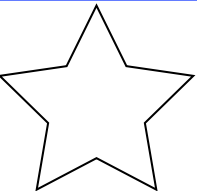
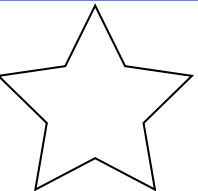
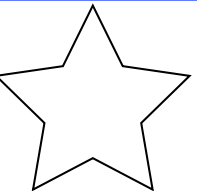
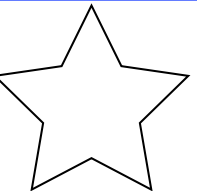
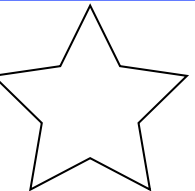









# Chef Solus - Pick Your TV Shows - 2 hours or less!

Write in Your TV programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes Time/channel							
30 minutes Time/channel							
30 minutes Time/channel							
30 minutes Time/channel							
Color the star for each day you watched 2 hours or less of TV							
Have Fun and Be Active Every day							

List some activities you can do instead of watching TV: \_\_\_\_\_

Visit [www.ChefSolus.com](http://www.ChefSolus.com) for Free online nutrition games, healthy interactive tools, fun activities, and tips!

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