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| ♣ = # of | Jumping Jacks  (Ex: 7 of Clubs = 7 Jumping Jacks) |
| ♠ = # of | Invisible Jump Ropes  (Ex: 9 of Spades = 9 Invisible Jump Ropes) |
| ♥ = # of | Name Fruits & Vegetables  (Ex: Jack of Hearts = Name 10 Fruits & Vegetables) |
| ♦ = # of | Name Grains, Protein, & Dairy  (Ex: 5 of Diamond = Name 5 Grain, Protein, & Dairy Foods) |