**MyPlate Dinner Dice Fitness Chart**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Protein | Grain | Vegetable | Fruit | Dairy |
| 1 | 10 InvisibleJump Ropes | 10 Ski Jumpers | 10 Calf Raises | 10 Ski Jumpers | 10 Arm Circles Both Ways |
| 2 | 10 Tuck Jumps | 10 Calf Raises | 10 Lunges | 20 Jumping Jacks | 10 Star Jumps |
| 3 | 15 Jumping Jacks | 10 Side Arm Circles | 20 Jumping Jacks | 10 Lunges | 10 Calf Raises |
| 4 | 10 Ski Jumpers | 10 Invisible Jump Ropes | 10 Squats | 10 Tuck Jumps | 10 SecondReach the Sky |
| 5 | 10 Star Jumps | 10 Marching Knees and Arms | 20 InvisibleJump Ropes | 10 Side Arm Circles | 15 Jumping Jacks |
| 6 | 5 Squat Jumps | 10 Shoulder Shrugs | 10 Tuck Jumps | 10 InvisibleJump Ropes | 5 Tuck Jumps |

