

**MYPLATE DICE CHART**

	<b>Protein</b>	<b>Grain</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Dairy</b>
<b>1</b>	A friend is upset by a mean social media post.	10 Ski Jumpers	10 Calf Raises	10 Ski Jumpers	10 Arm Circles Front & Back
<b>2</b>	10 Invisible Jump Ropes	You forgot about a quiz and didn't study.	10 Lunges	20 Jumping Jacks	10 Star Jumps
<b>3</b>	15 Jumping Jacks	10 Arm Circles Front & Back	You weren't selected for a part in the school play.	10 Lunges	10 Calf Raises
<b>4</b>	10 Ski Jumpers	10 Invisible Jump Ropes	10 Squats	You lost a text book and haven't found it.	10 Squats
<b>5</b>	10 Star Jumps	10 Marching Knees and Arms	20 Invisible Jump Ropes	10 Arm Circles Front & Back	You weren't invited to an important event.
<b>6</b>	5 Squat Jumps	10 Shoulder Shrugs	10 Star Jumps	10 Invisible Jump Ropes	15 Mummy Jacks