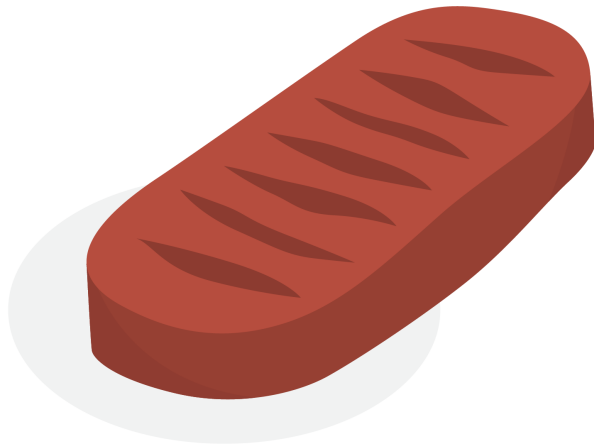

OPEN[®]



5 Second Rule

Fitness & Nutrition Category Cards
(with clues & without clues)

OPEN[®]



Protein



OPEN[®]



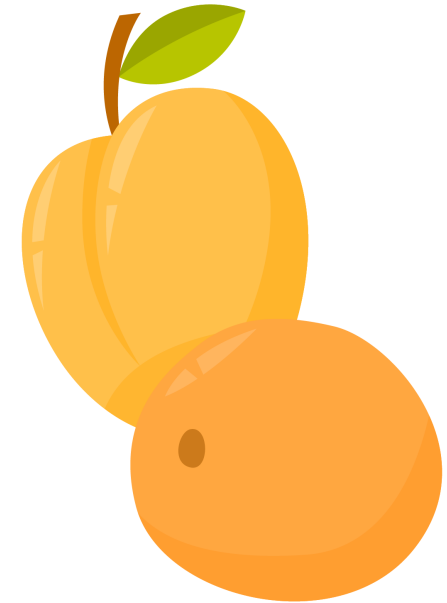
Aerobic Capacity



OPEN



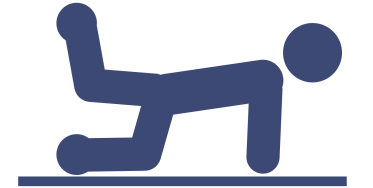
Fruits



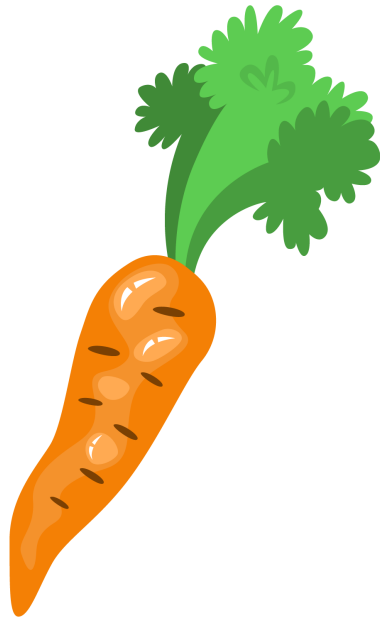
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Muscular Endurance



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Vegetables



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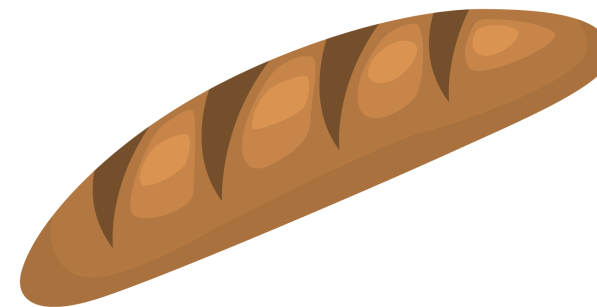
Muscular Strength



OPEN



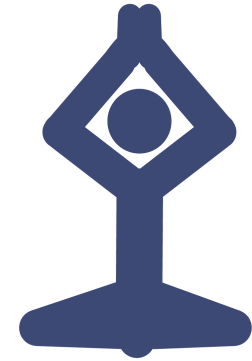
Grains



OPEN



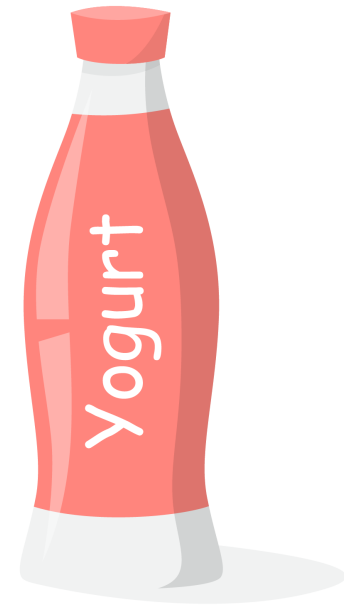
Flexibility



OPEN



Dairy





Aerobic Capacity



Muscular Endurance

OPEN[®]



Muscular Strength

OPEN[®]



Flexibility



Fruits



Vegetables



Grains



Protein



Dairy