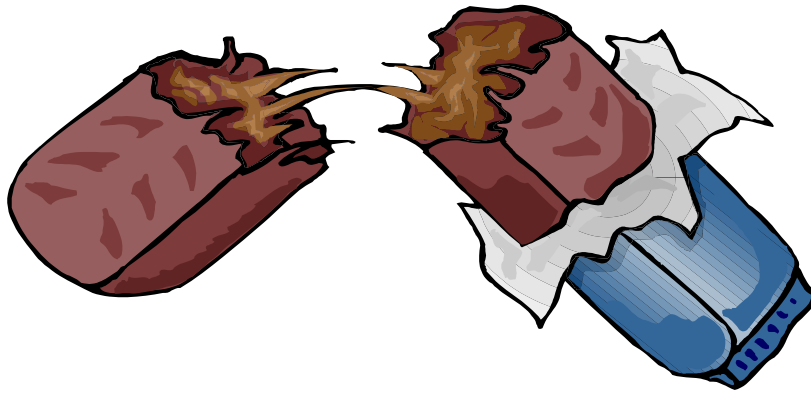


Station 1



29 Grams of Sugar

29 Line Jumps

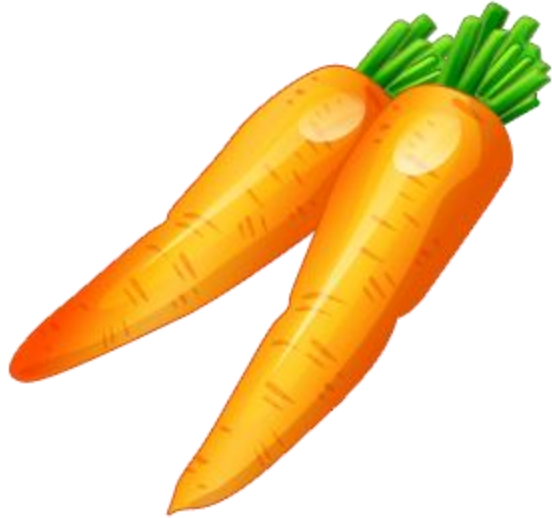
Station 2



12 oz can of soda has
40 Grams of Sugar

40 Jumping Jacks

Station 3



1 Cup Carrots, 2 Servings

10 Grams of Sugar

10 Crunches

Station 4



1 Cup Cheerios
1 Gram of Sugar

1 Lap

Station 5



1 Cup Strawberries, 2 Servings

14 Grams of Sugar

14 Push ups

Station 6



1 Cup Water

0 Grams of Sugar

Rest Station