



Station 1

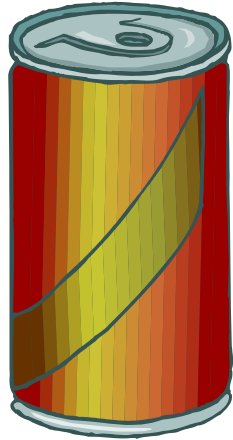


29 Grams of Sugar

29 Line Jumps



Station 2

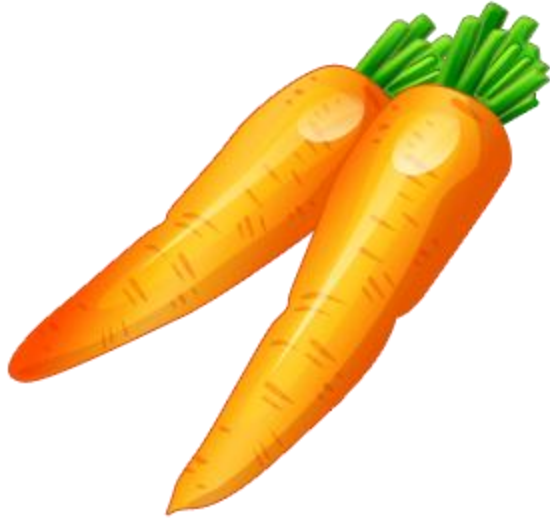


12 oz can of soda has
40 Grams of Sugar

40 Jumping Jacks



Station 3



1 Cup Carrots, 2 Servings
10 Grams of Sugar

10 Crunches



Station 4



1 Cup Cheerios
1 Grams 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