



Good Morning!



Schedule:

1. Check-In
2. Social Story: Why Do We Exercise?
3. Stretch
4. Go to the Gym

1. Check In

1. How did you sleep last night?



<https://www.campaignasia.com/article/engagement-meter-brands-appear-with-new-year-cheer/393445>



<https://nohoartsdistrict.com/industry-all-art/actors-advice/item/5905-check-your-happiness-meter>

2. How much energy do you have this morning?

3. What are 2 things you are thankful for?

<i>Member 1</i>	<i>Member 2</i>	<i>Member 3</i>	<i>Member 4</i>



2. Social Story:

Why Do We Exercise?



3. Stretch

4. Go to the Gym

Do I have my....

Sneakers?



Water bottle?



Key Tag?

