

<p>5</p> <p>Goal: 140 minutes activity at least!</p>	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Rest	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 20 minutes	Rest
<p>6</p> <p>Goal: 160 minutes activity at least!</p>	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest
<p>7</p> <p>Goal: 150 minutes activity at least!</p>	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 20 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest
<p>8</p> <p>Goal: 1-mile ride and 150 minutes activity at least!</p>	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	1-Mile Bike ride!	Rest