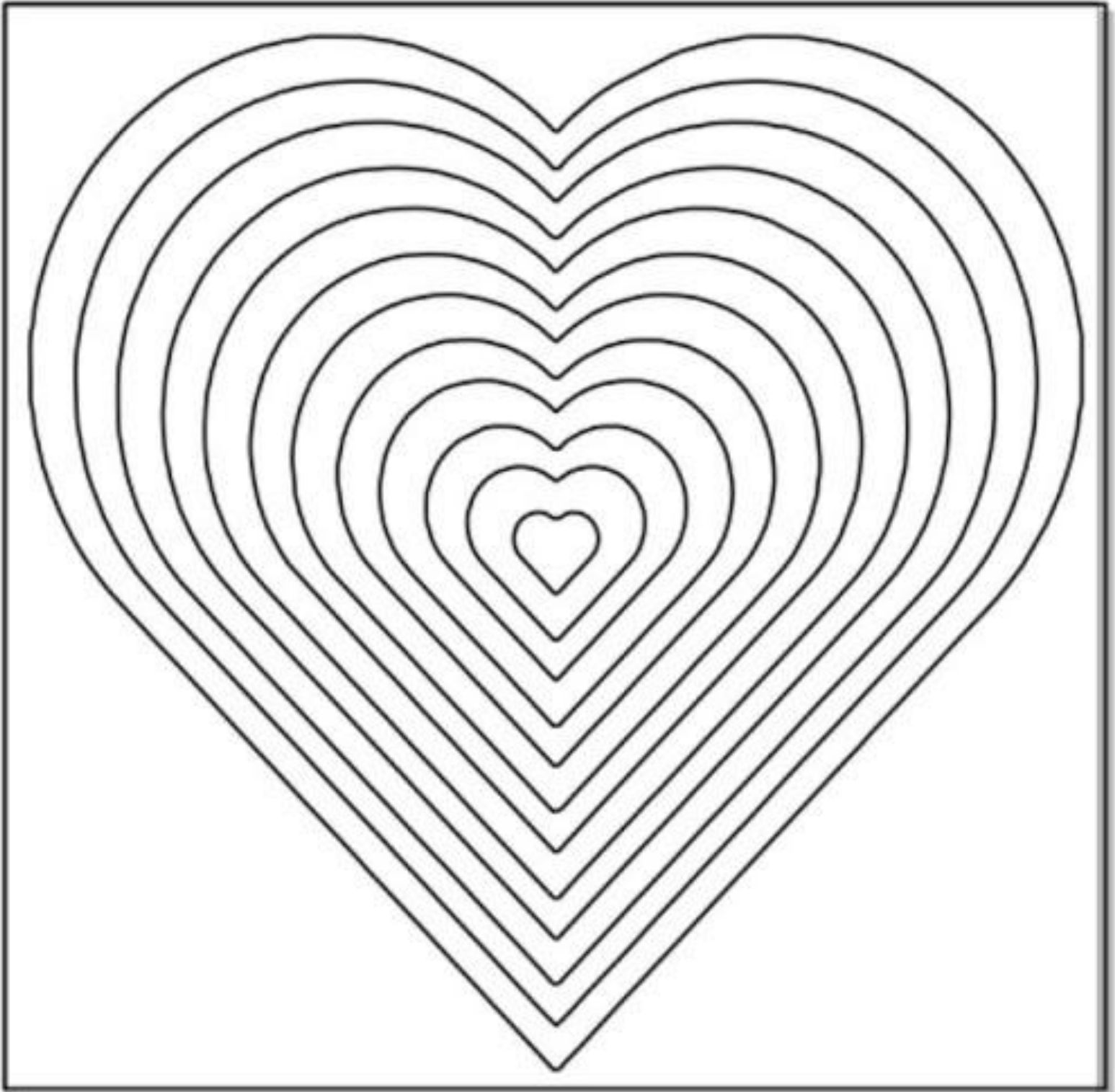


I will grow my healthy heart by

name: _____



Colour in another heart each time you reach your goal.