

# MyPlate Dinner Dice Fitness Chart

	Protein	Grain	Vegetable	Fruit	Dairy
1	10 Invisible Jump Ropes	10 Ski Jumpers	10 Calf Raises	10 Ski Jumpers	10 Arm Circles Both Ways
2	10 Tuck Jumps	10 Calf Raises	10 Lunges	20 Jumping Jacks	10 Star Jumps
3	15 Jumping Jacks	10 Side Arm Circles	20 Jumping Jacks	10 Lunges	10 Calf Raises
4	10 Ski Jumpers	10 Invisible Jump Ropes	10 Squats	10 Tuck Jumps	10 Second Reach the Sky
5	10 Star Jumps	10 Marching Knees and Arms	20 Invisible Jump Ropes	10 Side Arm Circles	15 Jumping Jacks
6	5 Squat Jumps	10 Shoulder Shrugs	10 Tuck Jumps	10 Invisible Jump Ropes	5 Tuck Jumps