

ACADEMIC WORD SEARCH

Name: _____

Find and circle the words. Talk to a family member or friend about what each word means to you.

Fitness Planning

| | | | | | | | | | | | | | | | | | | | |
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| B | F | S | G | N | Y | U | F | N | I | S | Q | | | | | | | | |
| Q | A | R | P | M | D | H | Q | C | M | T | P | N | N | L | P | | | | |
| V | D | K | E | C | Y | K | Q | N | Q | M | M | Z | L | T | H | U | G | | |
| O | I | P | M | A | T | I | A | Y | V | G | X | C | M | V | E | E | E | N | R |
| I | K | G | N | T | T | D | A | O | Y | Z | X | T | L | W | E | N | Z | G | H |
| S | J | C | O | K | A | H | D | R | E | C | J | J | S | F | O | S | A | S | E |
| X | N | P | S | R | V | J | I | J | B | H | L | Y | G | H | F | I | G | F | W |
| T | B | Z | G | L | O | P | Z | N | R | C | B | W | A | I | U | T | H | D | O |
| M | D | C | S | Q | B | U | J | E | G | I | K | I | X | W | M | Y | K | X | J |
| C | P | K | P | C | K | X | S | Z | H | R | W | R | O | T | H | L | J | Q | C |
| O | Z | S | F | I | W | N | M | C | N | K | A | T | Q | U | V | E | K | S | J |
| Q | R | Q | H | D | R | O | P | M | V | T | T | I | F | G | V | O | D | | |
| | V | N | V | N | K | D | X | Q | L | R | X | E | K | W | E | L | | | |
| | | I | V | O | G | E | C | W | K | U | P | U | L | W | L | | | | |
| | | | X | I | C | R | X | W | H | E | A | R | T | G | | | | | |
| | | | | D | Z | A | E | R | D | L | R | I | E | | | | | | |
| | | | | | C | T | D | M | L | O | P | G | | | | | | | |
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LUNGS
INTENSITY LEVEL
VIGOROUS

BREATHING RATE
MODERATE
HEART