



# SHAPE UP Patch

## ORDER FORM

[www.gswestok.org](http://www.gswestok.org)

Girls of all ages can get in shape with an exciting patch project that rewards them for healthy eating and physical activity. **SHAPE UP!** has age-appropriate nutrition activities that focus on topics from serving sizes and the food pyramid to minimizing the impact of fast food meals. These fun activities allow girls to experiment with new foods; try tasty, low-calorie snacks; and understand some of the forces that compel us to eat, even when we're not hungry. Girls are also required to do at least 30 minutes of any physical activity three times a week for three months.



**Use this form to order directly from GSM.**

Girl Scouts of the USA, GSM 420 Fifth Ave. New York, NY 10018-2798  Call Toll Free: 800-221-6707 Fax: 800-643-0639	Ship to: Name _____ Address _____  State & Zip Code _____ Phone # or e-mail address: _____
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Special Instructions:

UPC#	Description	Whsle. Price	Retail Price	Qty.	Total
26157	Girl Scouts® SHAPE UP Patch	.86	\$1.15		