

# 12345 Fit-Tastic! Let's Make A Cup



This is the front/ outside of your cup

## Make Your own 12345 Fit-Tastic! water cup in 5 easy steps:

1. Cut along the outside of the square.
2. Fold along the middle diagonal line.
3. Fold orange triangles outward.
4. Fold top white triangle flaps down, one on each side.
5. Pull open and enjoy!



**GULP  
GULP  
GULP**



**WATER!**



To learn more go to  
[www.12345fit-tastic.org](http://www.12345fit-tastic.org)

This is the back/ inside of your cup

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