
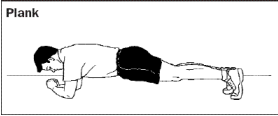
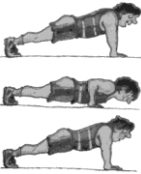
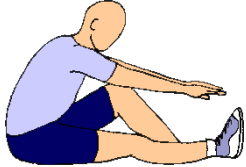



Name: _____

Fitness Chart

Week: _____

Dates: _____

**Do each exercise once a day	Exercises:	Curl Ups (Goal is 15-26)	Plank (Goal is to hold for 20 seconds) <u>Do it 3 times</u>	90° Right Angle Push-ups (Goal is 8-12)	Flexibility Sit and Reach (Goal is to reach for your toes and hold for 8-10 seconds each leg)	Aerobics Jumping Jacks (Goal is 50)
Days of the Week:	<u>How many did you do?</u> Parent Signature ↓					
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						