

Name: _____

Fitness Chart

Week: _____

Dates: _____

<p>**Do each exercise once a day</p>	<p>Exercises:</p>	<p>Crunches (Goal is 30-50)</p>	<p>Mountain Climbers (Goal is to do 10 for each leg) <u>3 times</u></p>	<p>Jumping Jacks (Goal is 40)</p>	<p>Flexibility Toe-touches (Goal is to reach for your toes and hold for 20 seconds each leg) <u>3 times each leg</u></p>	<p>Flexibility Weeping Willow Stretch (Goal is 20-30 seconds each leg) <u>3 times each leg</u></p>
<p>Days of the Week:</p>	<p><u>How many did you do?</u></p> <p>Parent Signature ↓</p>					<p>Weeping Willow Stretch</p> 
<p>Monday</p>						
<p>Tuesday</p>						
<p>Wednesday</p>						
<p>Thursday</p>						
<p>Friday</p>						

