
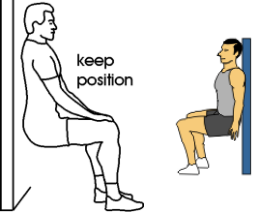




Name: \_\_\_\_\_

**Fitness Chart**

Week: \_\_\_\_\_

Dates: \_\_\_\_\_

<p><b>**Do each exercise once a day</b></p>	<p><b>Exercises:</b></p>	<p><b>Curl Ups (Goal is 15-26)</b></p>	<p><b>Wall Sits (Goal is to hold for 30 seconds) <u>2 times</u></b></p>	<p><b>Side Leg Lifts (Goal is 10 times for each leg) <u>3 times each leg</u></b></p>	<p><b>Flexibility Toe-touches (Goal is to reach for your toes and hold for 20 seconds each leg) <u>3 times each leg</u></b></p>	<p><b><u>Aerobics</u> <u>Jumping Jacks</u> (Goal is 50)</b></p>
<p><b>Days of the Week:</b></p>	<p><u>How many did you do?</u> <b>Parent Signature</b> ↓</p>					
<p><b>Monday</b></p>						
<p><b>Tuesday</b></p>						
<p><b>Wednesday</b></p>						
<p><b>Thursday</b></p>						
<p><b>Friday</b></p>						

