

Fitness Fun

Write down the number you completed for each exercise. Try and build up to 15 each. If you can do 15 or more of each, write that number down. MOVE, MOVE, MOVE!!!

	Monday	Tuesday	Wednesday	Thursday	Friday
15 Jumping Jacks					
15 sit ups					
15 squats					
15 lunges					
15 push ups					
15 toe touches					
15 leg raises (each leg)					
15 Arm Circles (Both directions)					
15 Knee Raises					
30 minutes of outside time					
Your choice: Name it and how much time doing it.					