

FITNESS FUN CHART

Place a checkmark beside each exercise you complete!

✓	Monday	✓	Tuesday	✓	Wednesday	✓	Thursday	✓	Friday
	20 Jumping Jacks		10 Jumping Jacks		15 Jumping Jacks		20 Jumping Jacks		15 Jumpin g Jacks
	20 Second Run in Place		10 Squats		20 Arm Circles		15 Squats		10 Push Ups
	10 Washing Machine		10 Lunges		10 Push Ups		15 Popcorn Jumps		20 Arm Circles
	10 Back Kicks		15 Mountai n Climbers		10 Sit ups		10 Lunges		10 Sit Ups
	20 High Knees		10 Popcorn Jumps		20 Second Run in Place		20 Mountain Climbers		15 High Knees

REMINDERS:

- Remember to ALWAYS Stretch before exercising.
- Exercise is important to keep our heart, lungs, and body healthy.
- Try to get 30 minutes-1 hour of exercise each day.

Exercises and information provided by Coach Haley, Physical Education teacher at DuBard School.