


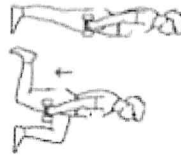




Name: \_\_\_\_\_ Fitness Chart \_\_\_\_\_ Week: \_\_\_\_\_ Dates: \_\_\_\_\_

<p><b>**Do each exercise once a day</b></p>	<p><b>Exercises:</b></p>	<p>Crunches (Goal is 50-70)</p>	<p>Inchworm with Pushups (Goal is 5 complete sets)</p>	<p>Walking Lunges (Goal is to do 8-10 lunges for each leg)</p>	<p>Flexibility Toe-touches (Goal is to reach for your toes and hold for 20 seconds each leg) 3 times each leg</p>	<p>Flexibility Weeping Willow Stretch (Goal is 20-30 seconds each leg) 3 times each leg</p>
<p><b>Days of the Week:</b></p>	<p>How many did you do? Parent Signature </p>					
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						