

EXERCISE CHART



	SUN	MON	TUE	WED	THU	FRI	SAT
STRETCH: ____MINS.							
RUN IN PLACE: ____MINS.							
____ PUSH-UPS							
____ JUMPING JACKS							
____ SIT-UPS							
GO FOR A WALK: ____MINS.							
OTHER:							
OTHER:							