

# \_\_\_\_\_ 'S EXERCISE CHART



Use this chart to begin a daily exercise routine. Set your daily goals in the first shaded column below then track your weekly totals in the second shaded column. Refer to the box at the bottom of this page to find other ways of keeping physically fit. Remember that a good diet is also an important part of keeping healthy.

| WEEK OF:         | DAILY GOAL | MON       | TUE       | WED       | THU       | FRI       | SAT       | SUN       | WEEKLY TOTAL |
|------------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|
| SIT UPS          | # _____    | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____      |
| PUSH UPS         | # _____    | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____      |
| JUMPING JACKS    | # _____    | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____   | # _____      |
| RUNNING IN PLACE | _____ MIN  | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN    |
| STRETCHING       | _____ MIN  | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN | _____ MIN    |
| OTHER:           |            |           |           |           |           |           |           |           |              |
| OTHER:           |            |           |           |           |           |           |           |           |              |

## OTHER WAYS TO KEEP PHYSICALLY FIT:

JOIN A SPORTS TEAM

JUMP ON A TRAMPOLINE

PLAY CATCH

GO FOR A BIKE RIDE

DANCE

GO JOGGING

GO SWIMMING

USE EXERCISE EQUIPMENT

GO FOR A WALK

JUMP ROPE

GO ROLLER-BLADING

LIFT WEIGHTS