

Fitness Fun!

My Goal: Complete each exercise every day.

Mon Tue Wed Thur Fri Sat Sun

15 Jumping Jacks _____

15 Sit Ups _____

15 Squats _____

15 Lunges _____

15 Push Ups _____

15 Toe Touches _____

15 Leg Raises _____

15 Arm Circles _____

15 Knee Raises _____

Play Outside 30 min. _____



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