

JUMPING JACKS

What type of jumping jacks did you do?

Regular Jumping Jacks
Seated Jumping Jacks

Record the number of jumping jacks you were able to do in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN

BOXING

What type of boxing did you do?

Regular Boxing
Seated Boxing

Record the number of punches you were able to throw in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN

CURL UPS

What type of curl ups did you do?

Regular Curl Ups
Double Knee Raises
Single Knee Raises

Record the number of curl ups you were able to do in 1 minute for at least 5 days of the week.

MON

TUES

WED

THURS

FRI

SAT

SUN