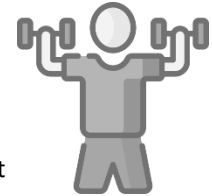


_____ 's EXERCISE CHART



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