Fitness Fun!

Goal: Complete each exercise every day

	Fri	Sat	Sun	Mon	Tue	Wed	Thu
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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