

FITNESS FUN LOG FOR: _____



ACTIVITY FOCUS	EXERCISE	MON	TUES	WED	THUR	FRI	SAT	SUN
AGILITY & COORDINATION	JUMPING JACKS							
	SHUTTLE RUN							
BALANCE	SUPERHERO STUNTS							
	STAND W/ NO HANDS							
STRENGTH	CRAB WALKS							
	FROG JUMPS							
FLEXIBILITY & MOBILITY	LUNGES							
	ARM CIRCLES							
	TOE TOUCHES							
OBJECT CONTROL	TOSS & CATCH							

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AGILITY & COORDINATION								
BALANCE								
STRENGTH								
FLEXIBILITY & MOBILITY								
OBJECT CONTROL								