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Let's Get Moving!

Sunset Lake Elementary Exercise Log

Student Name _____ Teacher Name _____ Grade _____

Date	Muscle Builders								Stretches					
	crunches	push-ups	planks	shoulder touches	lunges	mountain climbers	wall sits	jumping jacks	straddle stretch	flamingo	lunge holds rt/lf	trunk-twisters	toe touches	arm stretches
Monday														
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														

On back list other types of exercise you have done.

Example: Running, walking, riding your bike!

Parent Signature _____



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