FITNESS ACTIVITY LOG| Name:

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|  | #1  Squats | #2  Walk – 10 mins. | #3  Reverse Lunge | #4  High Knees | #5  Mountain Climbers | #6  Push-Ups | #7  Burpees | #8  Plank Hold 30sec | #9  Sit Ups | #10  Jumping Jacks |
| Date |  |  |  |  |  |  |  |  |  |  |
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