FITNESS ACTIVITY LOG| Name:

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|  | #1  Jump Squats | #2  Walk – 15 mins. | #3  Forward Lunge | #4  Jump Rope | #5  Mountain Climbers | #6  Dips | #7  Burpees with push up | #8  Plank Hold 60sec | #9  Crunches | #10  Jumping Jacks |
| Date |  |  |  |  |  |  |  |  |  |  |
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