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 | #8Plank Hold 60sec  | #9Crunches | #10Jumping Jacks |
| Date |  |  |  |  |  |  |  |  |  |  |
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