

You don't need an exercise dragon to visit to have fun!

Each day, choose to do at least 2 of the exercises listed for that day.

Mark them off your chart. Try to do different exercises each day.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
10 Pushups	Run in Place for 1 Minute	10 Pushups	Run in Place for 1 Minute	10 Pushups	Run in Place for 1 Minute	10 Pushups
10 Sit Ups	Hop on One foot 10 Times	10 Sit Ups	Hop on One foot 10 Times	10 Sit Ups	Hop on One foot 10 Times	10 Sit Ups
10 Crunches	10 Toe Crunches	10 Crunches	10 Toe Crunches	10 Crunches	10 Toe Crunches	10 Crunches
10 Jumping Jacks	Punch the Air 10 Times	10 Jumping Jacks	Punch the Air 10 Times	10 Jumping Jacks	Punch the Air 10 Times	10 Jumping Jacks
10 Stretches	10 Stretches	10 Stretches	10 Stretches	10 Stretches	10 Stretches	10 Stretches



I had a lot of fun doing the obstacle course today.

My personal best time was \_\_\_\_\_.

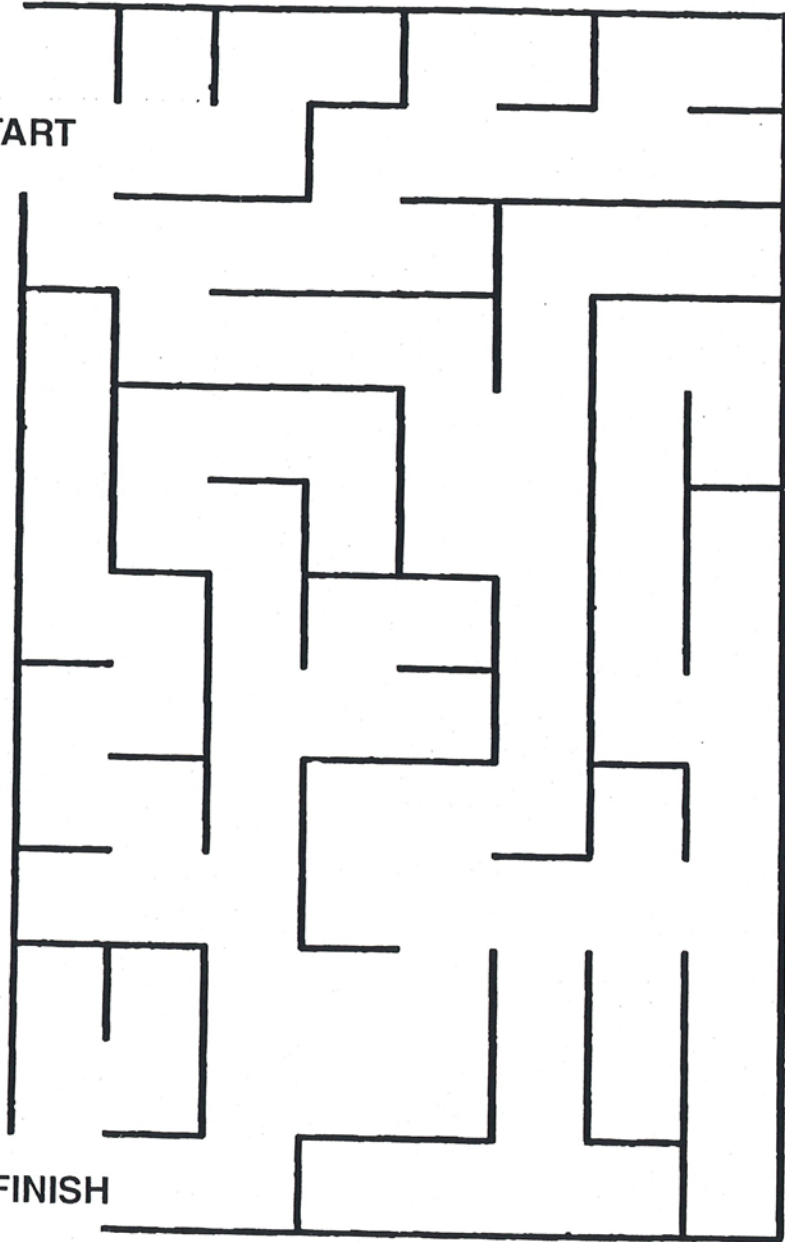
Draw your favorite part of the course.

A large, empty rectangular box with a thin black border, intended for drawing the favorite part of the obstacle course.

I had fun going to all of the exercise stations. I followed directions and went where I was supposed to go without getting lost.



START



FINISH

