Fitness Activity Challenge

daily prize: __ checks = _____
weekly prize: __ checks = your choice

1	1														
										_	_				_
	MON	TUES	WED	THUR	FRI	MON	TUES	WED	THUR	FRI	MON	TUES	WED	THUR	FRI
10 push ups															
30 sit ups															
30 squats															
4 stair climbs															
30 jumping jacks															
30 sec wall sit															
30 mountain climbers															