

Name: \_\_\_\_\_

Period: \_\_\_\_\_

**Directions:** We need you to be active daily for 20 -30 minutes. You need to record what you do. You need to round out your programs so that they include **cardiovascular** activities that get your heart rate up (ex. jumping rope, jogging, biking, fast walking), **flexibility** exercises (ex. hamstring, calf, quadricep, shoulder and chest stretches) and **abdominal** exercises (ex. crunches, elbow planks, side planks). Record what you do and have a guardian initial that you did the exercise. Maybe you can encourage them to work out with you :-).

If you want to try some exercise videos, that is great we will give you some links. **BUT Remember: you need to modify the exercises if they are too challenging (ex. Instead of high plank exercise do elbow plank or instead of hopping do marching in place)**

[https://youtu.be/UAQ\\_W6MVSZY](https://youtu.be/UAQ_W6MVSZY)

<https://youtu.be/WmGjxU3Ggko>

<http://www.youtube.com/watch?v=YCqXZKaBi4g>

<https://youtu.be/ml6cT4AZdql>

<https://youtu.be/ieyzL5OaPZk>

<https://www.youtube.com/watch?v=6kJgTouHHeE>

DATE	DURATION (minutes)	WHAT I DID	INITIALS
<i>Example</i> 3/16/20	<b>16 min / 4 min/ 5min / 3 min</b>	<b>16 min. Teens Yoga Class- Yoga ed. youtube/ 4 min. running up and down stairs/5 min. Shoot BB/ 3 minutes hamstring and quad stretching</b>	CAR
3/17	30 minutes	15 min. Run around the neighborhood (Twice)// 15 min. Walking dog around neighborhood	CAR
3/18	20 minutes	10 min. Ab workout (youtube) and 10 minutes walking dog.	CAR
3/19	30 minutes	20 min. jog around neighborhood // 10 minute yoga (youtube)	CAR
3/20	30 minutes	20 minutes running /// 15 minutes on trampoline	CAR
3/21	20 minutes	10 minutes jogging // 10 minutes walking dog	JR
3/22	35 minutes	<a href="https://www.youtube.com/watch?v=ieyzL5OaPZk&amp;feature=youtu.be">https://www.youtube.com/watch?v=ieyzL5OaPZk&amp;feature=youtu.be</a> once in morning once at night	CAR
3/23	30 minutes	<a href="https://www.youtube.com/watch?v=2pLT-olgUJs">https://www.youtube.com/watch?v=2pLT-olgUJs</a> and 20 minutes of light jogging.	CAR
3/24	15 minutes	Family bike ride	JR
3/25	0 minutes	I fell asleep early this day	JR

[illegible]

[illegible]

