



Workout Journal



How many stars can you earn each week? If you exercise 10 minutes a day, you get one star. Try to earn three or four stars a day. You can accomplish this easily by doing a couple yoga poses, a few stretches, some jumping jacks, or you can run around the block a couple of times, and get some fresh air as a bonus. The time will fly by; you'll have lots of fun, and, in no time, you'll have these pages filled with stars.

	Yoga	Stretching	Aerobics
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
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Sunday			
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