

_____ 's EXERCISE CHART



Use this chart to begin a daily exercise routine. Set your daily goals in the first shaded column below then track your weekly totals in the second shaded column. Refer to the box at the bottom of this page to find other ways of keeping physically fit. Remember that a good diet is also an important part of keeping healthy.

WEEK OF:	DAILY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
SIT UPS	#	#	#	#	#	#	#	#	#
PUSH UPS	#	#	#	#	#	#	#	#	#
JUMPING JACKS	#	#	#	#	#	#	#	#	#
RUNNING IN PLACE	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN
STRETCHING	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN
OTHER:									
OTHER:									

OTHER WAYS TO KEEP PHYSICALLY FIT:

JOIN A SPORTS TEAM

JUMP ON A TRAMPOLINE

PLAY CATCH

GO FOR A BIKE RIDE

DANCE

GO JOGGING

GO SWIMMING

USE EXERCISE EQUIPMENT

GO FOR A WALK

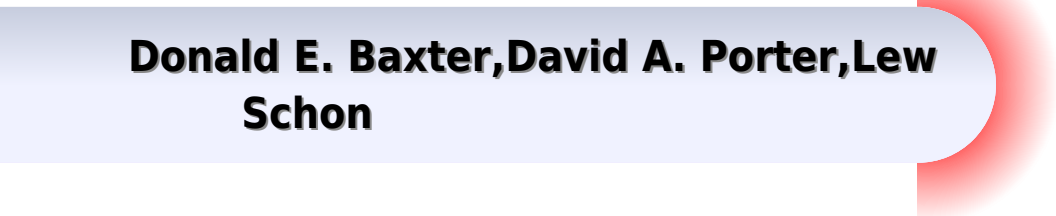
JUMP ROPE

GO ROLLER-BLADING

LIFT WEIGHTS

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**Donald E. Baxter, David A. Porter, Lew
Schon**



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Getting Fit Your Way, 1986 **NPTI's Fundamentals of Fitness and Personal Training** Henriques, Tim, 2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals **Band Strength** Ava Thompson, AI, 2025-03-14 Band Strength offers a comprehensive guide to resistance band training highlighting how these versatile tools can revolutionize your approach to strength training and injury prevention The book demonstrates the science behind resistance bands noting how they engage muscles uniquely compared to free weights leading to improved muscle strength and full body conditioning It also provides strategies for integrating resistance bands into rehabilitation programs aiding in restoring strength and mobility The book emphasizes that resistance bands provide an accessible and affordable means of achieving comprehensive fitness It progresses from introducing fundamental principles and biomechanics to detailed exercise guides for various fitness levels Finally it focuses on injury prevention and rehabilitation offering specific exercises and protocols Band Strength combines scientific research practical experience and case studies for an evidence based approach *Refresher tax law program* United States. Internal Revenue Service, 1976 **Baxter's the Foot and Ankle in Sport** Donald E. Baxter, David A. Porter, Lew Schon, 2008-01-01 An injury to the foot and ankle can be devastating to an athlete's performance Get your patients back to their peak physical condition using authoritative guidance from the only reference book focusing solely on sports related injuries of the foot and ankle Authoritative guidance on athletic evaluation sports syndromes anatomic disorders athletic shoes orthoses and rehabilitation and more provides you with the know how you need to overcome virtually any challenge you face A chapter focusing on sports and dance equips you to better understand and manage the unique problems of these high impact activities Comprehensive coverage of rehabilitation of the foot and ankle helps you ease your patients concerns regarding return to play International contributors share their expertise and provide you with a global perspective on sports medicine Case studies demonstrate how to approach specific clinical situations and injuries Three new chapters on Problematic Stress Fractures of the Foot and Ankle New Advances in the Treatment of the Foot and Ankle and The Principles of Rehabilitation for the Foot and Ankle deliver more expert knowledge and practice solutions than ever before Expanded chapters guide you through all aspects of treating sports related injuries of the foot and ankle from evaluation to rehabilitation **Advanced Fitness Assessment and Exercise Prescription 7th Edition** Heyward, Vivian H., Gibson, Ann, 2014-04-23 Built around physical fitness components this text shows how to assess each fitness component and then how to design exercise programs based on that assessment It bridges the gap between research and practice for exercise science students and fitness professionals **The Men's Health Hard Body Plan** The Editors of Men's Health, 2000-11-18 A program designed to help men obtain health and fitness contains twelve week exercise and weight lifting plans menus and recipes to implement into a

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