

_____ '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

3 Week Exercise Chart Template

Joacim Rocklöv

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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

diet plan and information on energy bars and vitamins

Fitness For Dummies Suzanne Schlosberg, Liz

Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

Science and Development of Muscle Hypertrophy Schoenfeld, Brad, 2016-05-05 Written by Brad Schoenfeld PhD a leading authority on muscle

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Jonathan S. Abramowitz, 2012-07-13 You may not be able to change the things that are stressing you out but what if you could respond differently How would it feel to let go of chronic worry and tension manage your time more effectively be less irritable and exhausted and tackle everyday hassles with confidence Now you can find out for yourself Weaving together proven self help strategies prominent clinician researcher Dr Jonathan Abramowitz helps you accomplish more and stress less Easy to use worksheets forms and numerous examples show you step by step how to create a personalized anti stress action plan You ll learn where stress comes from when it can actually be beneficial and how it gets out of control Dr Abramowitz provides the guidance specific instructions and encouragement you need to Break free of all or nothing thinking and other mental traps Get more out of each hour in the day Resolve conflicts with your partner or kids Cope with work problems and financial strains Use meditation to attain a sense of well being Set achievable goals for healthy eating and exercise Meet your deadlines without running yourself into the ground Reduce stress related pain and other health concerns

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