

# HOME FITNESS LOG



Name .....

HB.....

**CHILDREN AGED 5-17 YEARS OLD SHOULD DO AT LEAST 60 MINUTES OF MODERATE TO VIGOROUS-INTENSITY PHYSICAL ACTIVITY DAILY (WHO)**

Physical activity is any bodily movement produced by skeletal muscles that requires energy including activities undertaken while working, playing, carrying out household chores and engaging in recreational activities.

This fitness log is for you to monitor and keep track of your physical fitness.

**Links to fitness videos are listed on the last page.**

<b>Day</b>	<b>Morning exercise</b>	<b>Afternoon exercise</b>	<b>Evening exercise</b>	<b>Bottles of water consumed</b>	<b>Number of fruit or veg consumed</b>	<b>Hours of sleep</b>
<b>Monday</b>	20 STAR JUMPS X2 20 BURPEES X2 20 HIGH KNEES X2 20 MOUNTAIN CLIMBERS X2		30 MINUTE WALK THE DOG	2	2	9
<b>Tuesday</b>	FITNESS VIDEO ON YOUTUBE 20 MINS	30 MINUTE WALK THE DOG		1	5	8
<b>Wednesday</b>		20 STAR JUMPS X2 20 BURPEES X2 20 HIGH KNEES X2 20 SQUATS X2		3	5	10
<b>Thursday</b>	HOOVER AND CLEAN ROOM		30 MINUTE WALK THE DOG	2	4	9
<b>Friday</b>		20 STAR JUMPS X2 20 BURPEES X2 20 HIGH KNEES X2 20 SQUATS X2	SKIPPING	3	4	8
<b>Saturday</b>	30 MINUTE WALK	30 MINUTES PLAYING IN THE PARK		3	5	8
<b>Sunday</b>				2	4	9

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## **Fitness**

<https://www.youtube.com/watch?v=AimPOSXe7n4>  
[https://www.youtube.com/watch?v=McD6\\_oOWs-M](https://www.youtube.com/watch?v=McD6_oOWs-M)  
<https://www.youtube.com/watch?v=dhCM0C6GnrY>  
<https://www.youtube.com/watch?v=d3LPrhI0v-w>  
<https://www.youtube.com/watch?v=RYglVc5Jvjg>  
[https://www.youtube.com/watch?v=u0\\_1QBQ8Syk](https://www.youtube.com/watch?v=u0_1QBQ8Syk)  
[https://www.youtube.com/watch?v=u0\\_1QBQ8Syk](https://www.youtube.com/watch?v=u0_1QBQ8Syk)  
[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)  
<https://www.youtube.com/watch?v=X655B4ISakg>  
[https://www.youtube.com/watch?v=gCzgc\\_RelBA](https://www.youtube.com/watch?v=gCzgc_RelBA)  
<https://www.youtube.com/watch?v=lQxj2JcHEso>  
<https://www.youtube.com/watch?v=uqLNxJe4L2I>

<https://www.youtube.com/watch?v=YIB2SInBHBQ>

<https://www.youtube.com/watch?v=hvJXQT4gowg>

<https://www.youtube.com/watch?v=mhHY8mOOQ5eo>

<https://www.youtube.com/watch?v=hbqKH6fDxd4>

## **Mindfulness and Yoga**

[https://www.youtube.com/watch?v=Bk\\_qU7I-fcU](https://www.youtube.com/watch?v=Bk_qU7I-fcU)

<https://www.youtube.com/watch?v=X655B4ISakg>

<https://www.youtube.com/watch?v=CITc2AxYnPY>