

# Daily Workout Checklist


Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

\_\_\_\_\_ Stretches 

\_\_\_\_\_ Jog/Walk 

\_\_\_\_\_ Jumping Jacks 

\_\_\_\_\_ Arm Circles 

\_\_\_\_\_ Hops (side to side/front/back) 

\_\_\_\_\_ Hop on One Leg (both) 

\_\_\_\_\_ Toes Touches 

\_\_\_\_\_ Squats 

\_\_\_\_\_ Air Bicycles 

\_\_\_\_\_ Breathe in & out (lay down) 

