

JULY	Type of Warm Up Exercise (Minimum 5 Minutes) Stretches, Arm Circles, fast walking, marching on the spot, shoulder rolls,	Length of Time	Type of Aerobic Exercise (Minimum 20 Minutes) (Exercise that increases your heart rate, causes you to sweat. Running, Swimming, cycling, Roller skating, trampoline, skipping, football)	Length of Time	Type of Calisthenics Exercise (Minimum 5 Minutes) (Exercise that builds up strength and endurance using your own body weight. E.g. Press ups, Lunges, Squats, Jumping jack, Sit ups)	Length of Time
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> W/C Sunday 03.07.2016 </div>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> W/C Sunday 10.07.2016 </div>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

JULY	Type of Warm Up Exercise (Minimum 3 minutes) Stretches, Arm Circles, fast walking, marching on the spot, shoulder rolls,	Length of Time	Type of Aerobic Exercise (Minimum 20 Minutes) (Exercise that increases your heart rate, causes you to sweat. Running, Swimming, cycling, Roller skating, trampoline, skipping, football)	Length of Time	Type of Calisthenics Exercise (Minimum 5 minutes) (Exercise that builds up strength and endurance using your own body weight. E.g. Press ups, Lunges, Squats, Jumping jack, Sit ups)	Length of Time
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> W/C Sunday 17.07.2016 </div>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> W/C Sunday 24.07.2016 </div>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sun _____ Mon _____ Tue _____ Wed _____ Thurs _____ Fri _____	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>