



Movement in the Halls

Exercise

Logbook

NAME:

CLASS:

DATE:

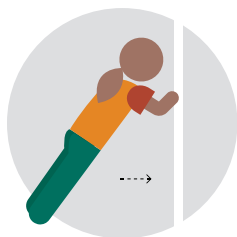
Exercise Logbook

PUSH-UPS



LEVEL 1:

Wall Push-ups



I know I have mastered this skill when...

» How many **WALL PUSH-UPS** can you do?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2:

Knee Push-ups



I know I have mastered this skill when...

» How many **KNEE PUSH-UPS** can you do?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3:

Toe Push-ups



I know I have mastered this skill when...

» How many **TOE PUSH-UPS** can you do?

DATE							
NUMBER/ TIME							
ZONE							

When I do PUSH-UPS, I feel...

PUSH-UPS help me...

Exercise Logbook

SQUATS



LEVEL 1: Wall Sits

I know I have mastered this skill when...

» How long can you hold a **WALL SIT**?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2: Squats

I know I have mastered this skill when...

» How many **SQUATS** can you do?

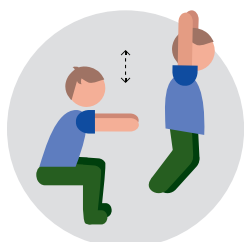


DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3: Jump Squats

I know I have mastered this skill when...

» How many **JUMP SQUATS** can you do?



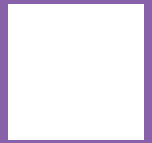
DATE							
NUMBER/ TIME							
ZONE							

When I do SQUATS, I feel...

SQUATS help me...

Exercise Logbook

BALANCE



LEVEL 1: Stork Stance

I know I have mastered this skill when...

» How long can you hold a **STORK STANCE**?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2: Stork Stance - Eyes Closed

I know I have mastered this skill when...

» How long can you hold a **STORK STANCE** with your eyes closed?



DATE							
NUMBER/ TIME							
ZONE							

When I do STORK STANCES, I feel...

STORK STANCES help me...

Exercise Logbook

CARDIO



LEVEL 1: Jumping Jacks

I know I have mastered this skill when...
» How many **JUMPING JACKS** can you do?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2: High Knees

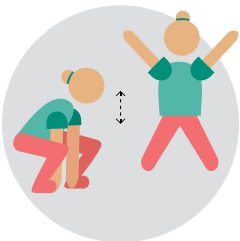
I know I have mastered this skill when...
» How many **HIGH KNEES** can you do?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3: Star Jumps

I know I have mastered this skill when...
» How many **STAR JUMPS** can you do?



DATE							
NUMBER/ TIME							
ZONE							

When I do CARDIO, I feel...

CARDIO helps me...

Exercise Logbook

LUNGES



LEVEL 1:

Holding Lunges



I know I have mastered this skill when...

» How long can you hold a **HOLDING LUNGE**?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2:

Stepping Lunges



I know I have mastered this skill when...

» How many **STEPPING LUNGES** can you do?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3:

Jumping Lunges



I know I have mastered this skill when...

» How many **JUMPING LUNGES** can you do?

DATE							
NUMBER/ TIME							
ZONE							

When I do LUNGES, I feel...

LUNGES help me...

Exercise Logbook

CORE | Bent Knee V-Sits



LEVEL 1: V-Sit Hold

I know I have mastered this skill when...

» How long can you hold a **V-SIT HOLD**?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2: V-Sit Arms

I know I have mastered this skill when...

» How long can you hold a **V-SIT ARMS**?



DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3: V-Sit Twists

I know I have mastered this skill when...

» How many **V-SIT TWISTS** can you do?



DATE							
NUMBER/ TIME							
ZONE							

When I do V-SITS, I feel...

V-SITS help me...

Exercise Logbook

CORE | Planks



LEVEL 1: Knee Planks

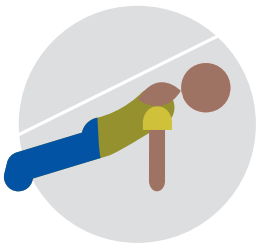


I know I have mastered this skill when...

» How long can you hold a **KNEE PLANK**?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 2: Straight-Arm Planks

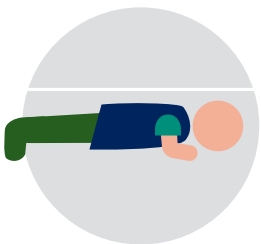


I know I have mastered this skill when...

» How long can you hold a **STRAIGHT-ARM PLANK**?

DATE							
NUMBER/ TIME							
ZONE							

LEVEL 3: Elbow Planks



I know I have mastered this skill when...

» How long can you hold an **ELBOW PLANK**?

DATE							
NUMBER/ TIME							
ZONE							

When I do PLANKS, I feel...

PLANKS help me...