week of:		fifetime Wellness Ch					ALLENGE EXERCISE 109				
GOGIS:											
- a Well rounded exercise routine incorporates ACROBIC fitness, STRENGTh training, CORC exercise, BALANCC training and flexiBilitY/STRETChiNG -											
Cardio		ТУРӨ:	Minutes:	Cardi0	1	туре:	MiNUtes:	Cardi0		туре:	Minutes:
Strength		upper O	Minutes:	stren9th		upper O	MiNUtes:	strength		upper O tower O	Minutes:
Notes			pate	Notes			Date	Notes			Date
Cardio		Type:	Minutes:	- intensity, weather, soreness, energy level, etc			- intensity, weather, soreness, energy level, etc				
strenat	stren9th upper O		Minutes:	strenat	en9th upper O		Minutes:	Strength UPPer O tower O		Minutes:	
Notes		29 11 91 0	Date	Notes			Date	Notes			Date
- intensity, weather, soreness, energ				- intensity, weather, soreness, energy level, etc			- intensity, weather, soreness, energy level, etc				