

Week of:

Lifetime Wellness Challenge

EXERCISE 109

GOALS:

- a well rounded exercise routine incorporates aerobic fitness, strength training, core exercise, balance training and flexibility/stretching -

cardio	TYPE:	MINUTES:	cardio	TYPE:	MINUTES:	cardio	TYPE:	MINUTES:			
Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:	Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:	Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:			
NOTES		DATE		NOTES		DATE		NOTES			
- INTENSITY, WEATHER, SORENESS, ENERGY LEVEL, ETC. -			- INTENSITY, WEATHER, SORENESS, ENERGY LEVEL, ETC. -			- INTENSITY, WEATHER, SORENESS, ENERGY LEVEL, ETC. -			- INTENSITY, WEATHER, SORENESS, ENERGY LEVEL, ETC. -		

cardio	TYPE:	MINUTES:	cardio	TYPE:	MINUTES:	cardio	TYPE:	MINUTES:			
Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:	Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:	Strength	UPPER <input type="checkbox"/> LOWER <input type="checkbox"/>	MINUTES:			
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Weekly thoughts:

