

Below is a simple time table that you can use to help record all the exercises you have done each day. For every day you exercise write it in the timetable and give yourself 10 points and see how many points you can get by the end of the week! Please share with us your timetables so we can see all of your amazing exercises. Good luck!

Monday	Exercises:	Points:
Tuesday	Exercises:	Points:
Wednesday	Exercises:	Points:
Thursday	Exercises:	Points:
Friday	Exercises:	Points:
Saturday	Exercises:	Points:
Sunday	Exercises:	Points:
		Total number of points: