

After you complete the exercise, check it off and rank it!

RANK THAT EXERCISE

How did you enjoy that workout?

Exercise

Rank



1. Sit ups	<input type="radio"/>	
2. Jump Rope	<input type="radio"/>	
3. Resistance Bands	<input type="radio"/>	
4. Running	<input type="radio"/>	
5. Push Ups	<input type="radio"/>	
6. Seal Pose	<input type="radio"/>	
7. Bear Crawl	<input type="radio"/>	
8. Crab Walk	<input type="radio"/>	



Use these fun symbols to show your preferences!



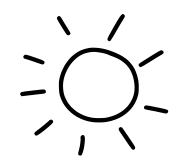
Excellent



Great



Good



Fine



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