

# FREE WEIGHT LOSS EXERCISE DIARY

Dates: 07/07-13/2050

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
50 Crunches	5-minute Plank	45-minute Brisk walking
50 Standing push-ups	3-minute Skipping rope	
50 Jumping jacks	1-minute Fetal position yoga	

<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
60-minute Dog walking	60-minute swimming	30-minute Skipping rope	30-minute Jog
		50 knee and foot rotation	
		50 arm rotation	

