

Harewood Nursery School

Exercise Log

How many exercises can you do each day?
 These are some suggestions, can you think of any others?

You can record the exercises that you have completed by writing the number or make a mark in the box.



Star Jump



Hops on one foot



Jumps



Touch your toes



Stretch



Monday

Tuesday

Wednesday

Thursday

Friday

Can you make your own physical exercise log?