

Name \_\_\_\_\_

Date \_\_\_\_\_

**This week's focus will be keeping our bodies healthy like an Olympian through exercise and fitness. This morning start making an exercise plan to help prepare for lessons later this week.**

- 1. Tell me how many times a week you want to commit to exercising.**
- 2. Tell me how many minutes you want to commit to exercising on those days**
- 3. Choose at least two types of exercise you want to add to your plan so you don't get bored.**