Mike McClintic

Non-Transitional Instruction

Daily:

- 25 push-ups
- 25 sit-ups
- Two 30 second planks

Keep a record of daily physical activities such as snowball fights, sledding, basketball, etc.

Day of the week	Activity	Activity	Activity
Date-			
Date-			
Date-			
Date-			
Date-			
Date-			
Date-			
Date-			
Date-			
Date-			