



<p>Seated      Reach for your toes with legs straight in front of you</p> <p>        Spread your legs and reach to the right</p> <p>        Spread your legs and reach to the left</p> <p>        Keep them spread and reach down the middle</p> <p>        Right leg over left</p> <p>        Left over Right</p> <p>        Butterfly</p> <p>Put X in the blank that you did it.</p> <p>_____ 14 Sit Ups _____ 14 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>Seated      Reach for your toes with legs straight in front of you</p> <p>        Spread your legs and reach to the right</p> <p>        Spread your legs and reach to the left</p> <p>        Keep them spread and reach down the middle</p> <p>        Right leg over left</p> <p>        Left over Right</p> <p>        Butterfly</p> <p>Put X in the blank that you did it.</p> <p>_____ 15 Sit Ups _____ 15 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>Seated      Reach for your toes with legs straight in front of you</p> <p>        Spread your legs and reach to the right</p> <p>        Spread your legs and reach to the left</p> <p>        Keep them spread and reach down the middle</p> <p>        Right leg over left</p> <p>        Left over Right</p> <p>        Butterfly</p> <p>Put X in the blank that you did it.</p> <p>_____ 16 Sit Ups _____ 16 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>Seated      Reach for your toes with legs straight in front of you</p> <p>        Spread your legs and reach to the right</p> <p>        Spread your legs and reach to the left</p> <p>        Keep them spread and reach down the middle</p> <p>        Right leg over left</p> <p>        Left over Right</p> <p>        Butterfly</p> <p>Put X in the blank that you did it.</p> <p>_____ 17 Sit Ups _____ 17 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p> <p>What new task did you try this week?</p>
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Week of April 20-24				
Monday	Tuesday	Wednesday	Thursday	Friday

<p><b><u>Current Event -</u></b> What is going on with you today?</p>	<p><b><u>Current Event -</u></b> What is going on with you today?</p>	<p><b><u>Current Event -</u></b> What is going on with you today?</p>	<p><b><u>Current Event -</u></b> What is going on with you today?</p>	<p><b><u>Current Event -</u></b> What is going on with you today?</p>
<p><b><u>Stretches -</u></b> Arm Circles Forward - Small, Medium, Large, Alternating Large</p>	<p><b><u>Stretches -</u></b> Arm Circles Forward - Small, Medium, Large, Alternating Large</p>	<p><b><u>Stretches -</u></b> Arm Circles Forward - Small, Medium, Large, Alternating Large</p>	<p><b><u>Stretches -</u></b> Arm Circles Forward - Small, Medium, Large, Alternating Large</p>	<p><b><u>Stretches -</u></b> Arm Circles Forward - Small, Medium, Large, Alternating Large</p>
<p>Backward - Small, Medium, Large, Alternating Large</p>	<p>Backward - Small, Medium, Large, Alternating Large</p>	<p>Backward - Small, Medium, Large, Alternating Large</p>	<p>Backward - Small, Medium, Large, Alternating Large</p>	<p>Backward - Small, Medium, Large, Alternating Large</p>
<p>Seated Reach for your toes with legs straight in front of you</p>	<p>Seated Reach for your toes with legs straight in front of you</p>	<p>Seated Reach for your toes with legs straight in front of you</p>	<p>Seated Reach for your toes with legs straight in front of you</p>	<p>Seated Reach for your toes with legs straight in front of you</p>
<p>Spread your legs and reach to the right</p>	<p>Spread your legs and reach to the right</p>	<p>Spread your legs and reach to the right</p>	<p>Spread your legs and reach to the right</p>	<p>Spread your legs and reach to the right</p>
<p>Spread your legs and reach to the left Keep them spread and reach down the middle</p>	<p>Spread your legs and reach to the left Keep them spread and reach down the middle</p>	<p>Spread your legs and reach to the left Keep them spread and reach down the middle</p>	<p>Spread your legs and reach to the left Keep them spread and reach down the middle</p>	<p>Spread your legs and reach to the left Keep them spread and reach down the middle</p>
<p>Right leg over left Left over Right</p>	<p>Right leg over left Left over Right</p>	<p>Right leg over left Left over Right</p>	<p>Right leg over left Left over Right</p>	<p>Right leg over left Left over Right</p>
<p>Butterfly</p>	<p>Butterfly</p>	<p>Butterfly</p>	<p>Butterfly</p>	<p>Butterfly</p>
<p>Put X in the blank that you did it.</p>	<p>Put X in the blank that you did it.</p>	<p>Put X in the blank that you did it.</p>	<p>Put X in the blank that you did it.</p>	<p>Put X in the blank that you did it.</p>

<p>_____ 20 Sit Ups _____ 20 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>_____ 21 Sit Ups _____ 21 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>_____ 22 Sit Ups _____ 22 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>_____ 23 Sit Ups _____ 23 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p>	<p>_____ 24 Sit Ups _____ 24 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____</p> <p>What new task did you try this week?</p>
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Week of April 27-May 1				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Current Event</u></b> - What is going on with you today?</p>	<p><b><u>Current Event</u></b> - What is going on with you today?</p>	<p><b><u>Current Event</u></b> - What is going on with you today?</p>	<p><b><u>Current Event</u></b> - What is going on with you today?</p>	<p><b><u>Current Event</u></b> - What is going on with you today?</p>
<p><b><u>Stretches</u></b> - Arm Circles Forward - Small, Medium, Large, Alternating Large  Backward - Small, Medium, Large, Alternating Large  Seated Reach for your toes</p>	<p><b><u>Stretches</u></b> - Arm Circles Forward - Small, Medium, Large, Alternating Large  Backward - Small, Medium, Large, Alternating Large  Seated Reach for your toes</p>	<p><b><u>Stretches</u></b> - Arm Circles Forward - Small, Medium, Large, Alternating Large  Backward - Small, Medium, Large, Alternating Large  Seated Reach for your toes</p>	<p><b><u>Stretches</u></b> - Arm Circles Forward - Small, Medium, Large, Alternating Large  Backward - Small, Medium, Large, Alternating Large  Seated Reach for your toes</p>	<p><b><u>Stretches</u></b> - Arm Circles Forward - Small, Medium, Large, Alternating Large  Backward - Small, Medium, Large, Alternating Large  Seated Reach for your toes</p>

with legs straight in front of you	with legs straight in front of you	with legs straight in front of you	with legs straight in front of you	with legs straight in front of you
Spread your legs and reach to the right	Spread your legs and reach to the right	Spread your legs and reach to the right	Spread your legs and reach to the right	Spread your legs and reach to the right
Spread your legs and reach to the left Keep them spread and reach down the middle	Spread your legs and reach to the left Keep them spread and reach down the middle	Spread your legs and reach to the left Keep them spread and reach down the middle	Spread your legs and reach to the left Keep them spread and reach down the middle	Spread your legs and reach to the left Keep them spread and reach down the middle
Right leg over left Left over Right	Right leg over left Left over Right	Right leg over left Left over Right	Right leg over left Left over Right	Right leg over left Left over Right
Butterfly	Butterfly	Butterfly	Butterfly	Butterfly
Put X in the blank that you did it.	Put X in the blank that you did it.	Put X in the blank that you did it.	Put X in the blank that you did it.	Put X in the blank that you did it.
____ 27 Sit Ups ____ 27 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____	____ 28 Sit Ups ____ 28 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____	____ 17 Sit Ups ____ 17 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____	____ 30 Sit Ups ____ 30 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____	____ 1 Sit Ups ____ 1 Push Ups - Do as many non modified as you can. What exercise did you try out today? _____ _____ _____
				What new task did you try this week?

