|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Let's Get Fit!

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **C** | L | **S** | **P** | **U** | **L** | **R** | **U** | **C** | W | J | M | **S** | **P** | **U** | **L** | **L** | **U** | **P** | J | T | H | I | M |
| **R** | **S** | **E** | **H** | **C** | **N** | **I** | **X** | **I** | **S** | Y | A | L | M | **V** | **O** | **L** | **L** | **E** | **Y** | **B** | **A** | **L** | **L** |
| **O** | C | Z | F | **G** | **N** | **I** | **G** | **G** | **O** | **J** | J | **G** | **N** | **I** | **B** | **M** | **I** | **L** | **C** | **E** | **P** | **O** | **R** |
| **S** | H | **M** | **O** | **U** | **N** | **T** | **A** | **I** | **N** | **C** | **L** | **I** | **M** | **B** | **I** | **N** | **G** | N | K | F | X | V | G |
| **S** | **T** | **F** | **I** | **L** | **G** | **E** | **L** | L | C | H | X | E | **I** | **C** | **E** | **H** | **O** | **C** | **K** | **E** | **Y** | A | C |
| **C** | N | X | I | L | **H** | **E** | **A** | **L** | **T** | **H** | **Y** | **D** | **I** | **E** | **T** | **W** | **A** | **R** | **M** | **U** | **P** | L | O |
| **O** | V | G | Q | T | **L** | **L** | **A** | **B** | **T** | **O** | **O** | **F** | N | L | H | **N** | **W** | **O** | **D** | **L** | **O** | **O** | **C** |
| **U** | X | L | Q | X | **T** | **R** | **A** | **C** | **K** | **A** | **N** | **D** | **F** | **I** | **E** | **L** | **D** | A | T | E | B | B | I |
| **N** | **W** | **A** | **L** | **K** | **I** | **N** | **G** | M | Z | **N** | **A** | **T** | **U** | **R** | **A** | **L** | **F** | **O** | **O** | **D** | **S** | V | H |
| **T** | **G** | E | N | **G** | **N** | **I** | **T** | **A** | **K** | **S** | **E** | **C** | **I** | I | A | **S** | **W** | **I** | **M** | **M** | **I** | **N** | **G** |
| **R** | **N** | Y | Y | **Y** | **E** | **K** | **C** | **O** | **H** | **R** | **O** | **O** | **L** | **F** | G | **G** | M | **P** | P | O | T | **S** | **S** |
| **Y** | **I** | R | A | U | Y | Y | Z | M | U | **P** | **A** | **C** | **I** | **N** | **G** | **N** | J | **U** | A | **B** | G | **P** | **E** |
| V | **T** | S | **S** | **I** | **N** | **N** | **E** | **T** | Z | N | V | K | R | K | G | **I** | K | **S** | **S** | **A** | **S** | **I** | **G** |
| D | **A** | **G** | **N** | **I** | **K** | **I** | **H** | D | **W** | **A** | **T** | **E** | **R** | A | M | **E** | P | **H** | **T** | **S** | **O** | **D** | **N** |
| Q | **K** | E | **S** | **T** | **A** | **U** | **Q** | **S** | **L** | **L** | **A** | **W** | G | P | R | **O** | E | **U** | **R** | **E** | **C** | L | **U** |
| X | **S** | X | L | P | **B** | **U** | **T** | **T** | **E** | **R** | **F** | **L** | **I** | **E** | **S** | **N** | A | **P** | **E** | **B** | **C** | E | **L** |
| R | **R** | **F** | U | **G** | **N** | **I** | **N** | **N** | **U** | **R** | C | N | I | J | X | **A** | Y | **S** | **T** | **A** | **E** | T | Z |
| E | **E** | **L** | H | K | L | Y | I | **K** | N | **G** | **N** | **I** | **L** | **C** | **Y** | **C** | **I** | **B** | **C** | **L** | **R** | G | Q |
| M | **L** | **O** | **M** | **O** | **U** | **N** | **T** | **A** | **I** | **N** | **C** | **L** | **I** | **M** | **B** | **E** | **R** | **S** | **H** | **L** | B | I | C |
| W | **L** | **G** | B | I | I | B | U | **R** | H | **S** | **T** | **A** | **U** | **Q** | **S** | **G** | **N** | **I** | **D** | **N** | **A** | **T** | **S** |
| **S** | **O** | **F** | **T** | **B** | **A** | **L** | **L** | **A** | Z | P | O | D | E | O | Z | R | B | I | I | Z | K | K | F |
| N | **R** | M | Q | F | M | U | Y | **T** | R | G | Z | N | **S** | **K** | **I** | **I** | **N** | **G** | X | M | A | B | C |
| P | Z | L | **L** | **L** | **A** | **B** | **T** | **E** | **K** | **S** | **A** | **B** | S | K | Z | J | P | Q | J | P | S | E | K |
| R | Y | F | T | S | W | **S** | **K** | **N** | **A** | **L** | **P** | V | **S** | **E** | **H** | **C** | **T** | **I** | **W** | **S** | U | H | D |

   Water       Natural Foods       Leg Lifts       Karate       Healthy Diet       Ice Hockey       Floor Hockey       Planks       Standing Squats       Dips       Curl Ups       Roller Skating       Ice Skating       Rope Climbing       Mountain Climbing       Canoeing       Hiking       Skiing       Golf       Track and Field       Tennis       Football       Cross Country       Volleyball       Baseball       Basketball       Softball       Soccer       Walking       Running       Bicycling       Swimming       Pacing       Jogging       Six Inches       Pullups       Pushups       Wall Squats       Lunges       Switches       Mountain Climbers       Butterflies       Cool Down       Warmup       Stretch