

## MY FITNESS PLAN

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| **EXERCISE (e.g. press ups, kangaroo jumps, hopscotch etc)**  | **REPS** | HOW DO YOU FEEL? ☺ / 😐 / ☹ |
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**Top Tips**

* Remember to warm up and cool down
* Choose your own level
* Allow rest time between exercises
* Drink plenty of water to stay hydrated
* Have FUN