

# Daily Homework Exercise Log

3 Sets Each of:

\*8 - 12 Push Ups      \*15 - 25 Curl Ups

\* 5 times each leg of 30 seconds Stretching (Hamstrings, Latissimus Dorsi Spinal Erectors)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 3px double black; padding: 10px; text-align: center;">                     Do your homework each day. It should take you about 10 minutes to complete                 </div>	DATE Nov1	DATE Nov 2	DATE Nov3	DATE Nov4	DATE Nov5	
	DATE Nov 6 <small>Daylight Savings begins</small>	DATE Nov 7	DATE Nov 8	DATE Nov 9	DATE Nov 10 <small>Full Moon 7:06 PM</small>	DATE Nov 11 <small>Veterab's Day</small>
DATE Nov 13	DATE Nov 14	DATE Nov 15	DATE Nov 16	DATE Nov 17	DATE Nov 18	DATE Nov 19
DATE Nov 20	DATE Nov 21	DATE Nov 22	DATE Nov 23	DATE Nov 24 <small>Thanksgiving Day</small>	DATE Nov 25 <small>New Moon</small>	DATE Nov 26
DATE Nov 27	DATE Nov 28	DATE Nov 29	DATE Nov 30	<h2 style="color: blue;">Due on</h2> <h1 style="font-family: cursive;">December 1, 2011</h1>		

I completed my homework above to the best of my ability:

\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
 Print Student's Name Neatly      Period      Roll Call #

My son/daughter has completed the homework above.

\_\_\_\_\_      \_\_\_\_\_  
 Parent Signature      DATE

Samples of how to fill in each day

Lunes Monday	Martes Tuesday
DATE sample P 3x 7= 21	DATE SAMPLE push-ups 18
C 2x15= 30	curl ups 30
SR 5x30 sec	Sit/Reach 5x30 sec