



JUMP START YOUR JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ol style="list-style-type: none"> Jump up and spread your legs apart as you swing your arms over your head. Jump again and bring your arms back to your sides and your legs together. 				Jan 1 5 <input type="checkbox"/> Jacks Completed	Jan 2 10 <input type="checkbox"/> Jacks Completed
Jan 3 REST	Jan 4 15 <input type="checkbox"/> Jacks Completed	Jan 5 20 <input type="checkbox"/> Jacks Completed	Jan 6 25 <input type="checkbox"/> Jacks Completed	Jan 7 30 <input type="checkbox"/> Jacks Completed	Jan 8 35 <input type="checkbox"/> Jacks Completed	Jan 9 40 <input type="checkbox"/> Jacks Completed
Jan 10 REST	Jan 11 45 <input type="checkbox"/> Jacks Completed	Jan 12 50 <input type="checkbox"/> Jacks Completed	Jan 13 50 <input type="checkbox"/> Jacks Completed	Jan 14 55 <input type="checkbox"/> Jacks Completed	Jan 15 60 <input type="checkbox"/> Jacks Completed	Jan 16 REST
Jan 17 REST	Jan 18 65 <input type="checkbox"/> Jacks Completed	Jan 19 70 <input type="checkbox"/> Jacks Completed	Jan 20 75 <input type="checkbox"/> Jacks Completed	Jan 21 75 <input type="checkbox"/> Jacks Completed	Jan 22 80 <input type="checkbox"/> Jacks Completed	Jan 23 REST
Jan 24 REST	Jan 25 85 <input type="checkbox"/> Jacks Completed	Jan 26 90 <input type="checkbox"/> Jacks Completed	Jan 27 95 <input type="checkbox"/> Jacks Completed	Jan 28 100 <input type="checkbox"/> Jacks Completed	Jan 29 100 <input type="checkbox"/> Jacks Completed	Jan 30/Jan 31 100 <input type="checkbox"/> Jacks Completed

Perform the number of jumping jacks listed on each calendar day. Check the box when you complete the jacks for the day.

You do not have to do any jumping jacks on the **REST** days.