

GOLD STAR MOVES

EXAMPLE  20 REPS NO PAUSE	_____ DATE	_____ DATE	_____ DATE	_____ DATE	_____ DATE	_____ DATE
Floating Lunges (30 sec)						
Push-Ups (30 sec)						
Squat Jumps (1 min)						
Pull-Ups (1 min)						
Plank Hold (1 min)						
Healthy Reward Plan	5 stars: _____	10 stars: _____	15 stars: _____	20 stars: _____	25 stars: _____	30 stars: _____