

day _____

Date



Wii Fit Log

credits		bmi	
time		weight	
c. o. b. eyes: <input type="checkbox"/> open <input type="checkbox"/> closed	L: R:	wii fit age	
exertion	1 2 3 4 5 6 7 8 9 10	activity log	

yoga

- | | | | |
|---|----------|--|----------|
| <input type="checkbox"/> deep breathing | _____□□□ | <input type="checkbox"/> half moon | _____□□□ |
| <input type="checkbox"/> warrior | _____□□□ | <input type="checkbox"/> tree | _____□□□ |
| <input type="checkbox"/> sun salutation | _____□□□ | <input type="checkbox"/> standing knee | _____□□□ |
| <input type="checkbox"/> palm tree | _____□□□ | <input type="checkbox"/> chair | _____□□□ |
| <input type="checkbox"/> triangle | _____□□□ | <input type="checkbox"/> down-facing dog | _____□□□ |
| <input type="checkbox"/> dance | _____□□□ | <input type="checkbox"/> cobra | _____□□□ |
| <input type="checkbox"/> bridge | _____□□□ | <input type="checkbox"/> spinal twist | _____□□□ |
| <input type="checkbox"/> shoulder stand | _____□□□ | | |

strength

- | | | | |
|---|----------|--|----------|
| <input type="checkbox"/> single leg extension | _____□□□ | <input type="checkbox"/> pushup/side plank | _____□□□ |
| <input type="checkbox"/> torso twists | _____□□□ | <input type="checkbox"/> jackknife | _____□□□ |
| <input type="checkbox"/> lunge | _____□□□ | <input type="checkbox"/> rowing squat | _____□□□ |
| <input type="checkbox"/> single leg twist | _____□□□ | <input type="checkbox"/> sideways leg lift | _____□□□ |
| <input type="checkbox"/> plank | _____□□□ | <input type="checkbox"/> tricep extension | _____□□□ |
| <input type="checkbox"/> arm & leg lift | _____□□□ | <input type="checkbox"/> single arm stand | _____□□□ |
| <input type="checkbox"/> pushup challenge | _____□□□ | <input type="checkbox"/> jackknife challenge | _____□□□ |
| <input type="checkbox"/> plank challenge | _____□□□ | | |

aerobics

- | | | | |
|--|----------|--|----------|
| <input type="checkbox"/> hula hoop | _____□□□ | <input type="checkbox"/> basic step | _____□□□ |
| <input type="checkbox"/> basic run | _____□□□ | <input type="checkbox"/> super hula hoop | _____□□□ |
| <input type="checkbox"/> advanced step | _____□□□ | <input type="checkbox"/> 2p run | _____□□□ |
| <input type="checkbox"/> rhythm boxing | _____□□□ | <input type="checkbox"/> free step | _____□□□ |
| <input type="checkbox"/> _____ | _____□□□ | | |

balance games

- | | | | |
|---|----------|---|----------|
| <input type="checkbox"/> soccer heading | _____□□□ | <input type="checkbox"/> ski slalom | _____□□□ |
| <input type="checkbox"/> ski jump | _____□□□ | <input type="checkbox"/> table tilt | _____□□□ |
| <input type="checkbox"/> tightrope walk | _____□□□ | <input type="checkbox"/> balance bubble | _____□□□ |
| <input type="checkbox"/> penguin slide | _____□□□ | <input type="checkbox"/> snowboard slalom | _____□□□ |
| <input type="checkbox"/> lotus focus | _____□□□ | | |

notes