

**Fitness Shuffle Exercise Log Sheet**

**Date: Exercise Time Length:**

|  |  |  |
| --- | --- | --- |
| **Turn** | **Card Drawn** | **Exercise** |
|  | **(Ex.: K Spades or 7 Hearts)** | **WARM-UP & STRETCH** |
|  1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
|  |  | **5 MINUTE REST/WATER BREAK** |
| 11 |  |  |
| 12 |  |  |
| 13 |  |  |
| 14 |  |  |
| 15 |  |  |
| 16 |  |  |
| 17 |  |  |
| 18 |  |  |
| 19 |  |  |
| 20 |  |  |
|  |  | **COOL DOWN & STRETCH** |