

MODULE 1
UNDERSTAND YOUR LUNGS

Track Your Exercise

Track your repetitions, weight used for strength training, daily cardio.

Fill in a circle to track how often you “Exercise With US” and how often you include 30 minutes of cardio in your day.

Example

Module 1: Exercise with Us	Daily Cardio — 30 minutes
Repetitions: <i>8 Repetitions</i>	Description: <i>5 minutes/5 times a day OR to the mailbox 3 times a day</i>
Weight: <i>water bottles or 1.5kg weights</i>	<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>
<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	

Module 1: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	

Module 2: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	

MODULE 1
UNDERSTAND YOUR LUNGS

Module 3: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 4: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 5: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 6: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	

MODULE 1
UNDERSTAND YOUR LUNGS

Module 7: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 8: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	