Tape this up - tape a pen on a string cross off a box each time you complete 25

Jacks

25 Jumping

Jacks

Jacks

25 Jumping

Jacks

How many can you cross off this week? All boxes = 1000 Jumping Jacks and 1000 sit ups 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks **Jacks Jacks** Jacks 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks **Jacks** Jacks Jacks 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks Jacks **Jacks** 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks **Jacks** Jacks 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks Jacks Jacks 25 Jumpina 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks Jacks Jacks 25 Jumping 25 Jumping 25 Jumping 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks Jacks Jacks 25 Jumping 25 Jumping 25 Jumpina 25 Jumping 25 Sit ups 25 Sit ups 25 Sit ups 25 Sit ups Jacks Jacks Jacks Jacks 25 Jumping 25 Jumpina 25 Jumping 25 Jumping

25 Sit ups

25 Sit ups

Jacks

25 Jumping

Jacks

Jacks

25 Jumping

Jacks

25 Sit ups

25 Sit ups