



## Tracking Card: Paediatric Exercise Program

Age 7 and over

EXERCISE	Date:		Date:		Date:		Date:		Date:		Date:	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Lunges												
Butterfly Sit Ups												
Throwing and Catching												
Bird Dog												
Hopping												
Tandem Walking												
Squat Jumps												
Mountain Climbers												