



Tracking Card: Paediatric Exercise Program

Age 7 and under

EXERCISE	Date:		Date:		Date:		Date:		Date:		Date:	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Kangaroo Jumps												
Bear Crawls												
Throwing and Catching												
Star Fish												
Flamingo												
Frogs												
Scared Bear Crawls												
King Cobra												