



2000 Steps

700 Steps

1500 Steps

1000 Steps

100 Steps

500 Steps



10 Min Jog

30 Min Jog

15 Min Jog

30 Min Walk

15 Min Walk

10 Min Walk



10 Min Jog

30 Min Jog

Workout  
Video

30 Jumping  
Jacks

5 House Laps

10 Min Dance

