

Fitness Planner

Training Focus

CARDIO

Exercise	Set	Rep	Heart Rate

STRENGTH TRAINING

Exercise	Set	Rep	Heart Rate

GOALS

NOTES

Fitness Planner Guide

Jianjun Gao

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1 press the to watch the reading of the book hey little ant 2 after listening to the story press the button to respond to the question would you squish or save the ant 3 in the blue box respond with if you would squish or save little ant by using the button 4 next write down your three reasons for your choice using the or button 5

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