

Name:	
Month:	

Exercise	A	B	C	D	E	F	G
1	●	●	●	●	●	●	●
2	●	●	●	●	●	●	●
3	●	●	●	●	●	●	●
4	●	●	●	●	●	●	●
5	●	●	●	●	●	●	●
6	●	●	●	●	●	●	●
7	●	●	●	●	●	●	●
8	●	●	●	●	●	●	●
9	●	●	●	●	●	●	●
10	●	●	●	●	●	●	●

