

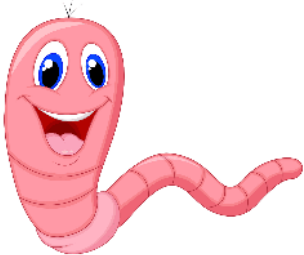
Worm Wave



"Practise makes better!"

Practise your GymZoonasium exercises each day :)

*** Each day you practise: place a tick, sticker or stamp below.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday