



# Mission Journal

## Jump for the Moon

Jump in place for 30 seconds. Rest for 60 seconds. Repeat 3 times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Exercise							
After Exercise							

## Crew Strength Training

Do 10 squats. Rest for 60 seconds. Repeat 3 times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Exercise							
After Exercise							

## Mission: Control

Bounce a tennis ball off the wall and try to catch it while balancing on one foot. Count how long you can stand on one foot.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Exercise							
After Exercise							