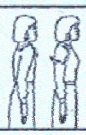
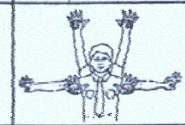
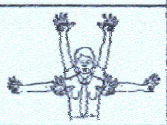
STRETCHING EXERCISES

Work'n Out at Work™

Fatigue Control Methods for the Workplace Worksheet

	Day 1	Day 2	Day 3	Day 4	Day 5
First Half of Shift					
Back					
Neck					
Arms					
Hands					
Legs					
Second Half of Shift					
Back					
Neck					
Arms					
Hands					
Legs					