Personal Fitness

Test 1 Start	Reach	Situps	Pushups	Mile/9minTi me/Dist	Circum, Rt. Arm	Shoulders	Chest	Abs.	Rt. Thigh	
Results										
Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 2 2 Weeks	Reach	Situps	Pushups	Mile/9minTi me/Dist						
Results										
Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 3 2 Weeks	Reach	Situps	Pushups	Mile/9minTi me/Dist						
Results										

Personal Fitness

Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 4 6 Weeks	Reach	Situps	Pushups	Mile/9minTime/Dist						
Results										

Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 5 8 Weeks	Reach	Situps	Pushups	Mile/9minTime/Dist						
Results										

Personal Fitness

Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 6 10 Weeks	Reach	Situps	Pushups	Mile/9minTi me/Dist						
Results										

Exercise Plan/Goal		/	/	/	/	/	/	/	/	/
Day #/date	Warm up									
1/										
2/										
3/										
4/										
5/										
6/										
7/										
8/										
9/										
10/										
11/										
12/										
13/										
14/										
Test 7 12 Weeks	Reach	Situps	Pushups	Mile/9minTi me/Dist	Circum, Rt. Arm	Shoulders	Chest	Abs.	Rt. Thigh	
Results										