NAME:

Week 1					RANK:		
Activity	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							

Week 2					RANK:		
Activity	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							

NAME:

Week 3					RANK:		
Activity	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							

Week 4					RANK:		
Activity	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							