

NAME:

Week 1							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 2							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

NAME:

Week 3							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 4							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

NAME:

Week 5							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 6							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

NAME: _____

Week 7							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 8							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

NAME:

Week 9							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 10							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

NAME:

Week 11							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							

Week 12							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Ups							
1 Mile Run/Walk							
Sit & Reach							
Sit-ups in 60 sec							
Push-ups in 60 sec							
Measurements:							
Right Upper Arm							
Shoulders							
Chest							
Abdomen							
Right Thigh							
BMI							