

Track your fitness and strength training progress.

START TIME: _____ **FINISH TIME:** _____

Parent / Guardian Signature: _____

| SET 1 - EXERCISES | | REPS | | SET 2 - EXERCISES | | REPS | | SET 3 - EXERCISES | | REPS | | SET Extra Credit - EXERCISES | | REPS | |
|--------------------|--|------|--|--------------------|--|------|--|--------------------|--|------|--|------------------------------|--|------|--|
| Warm Up | | | | Warm Up | | | | Warm Up | | | | Warm Up | | | |
| Leg Squats | | | | Leg Squats | | | | Leg Squats | | | | Leg Squats | | | |
| Push Up | | | | Push Up | | | | Push Up | | | | Push Up | | | |
| Couch / Chair Dip | | | | Couch / Chair Dip | | | | Couch / Chair Dip | | | | Couch / Chair Dip | | | |
| Side to Side Hops | | | | Side to Side Hops | | | | Side to Side Hops | | | | Side to Side Hops | | | |
| Supermans | | | | Supermans | | | | Supermans | | | | Supermans | | | |
| REST 60-90 seconds | | | | REST 60-90 seconds | | | | REST 60-90 seconds | | | | REST 60-90 seconds | | | |

[illegible]

*Intensity: E = EASY / M=MEDIUM / H= HARD

***** ANYTHING HIGHLIGHTED IN PURPLE IS EXTRA CREDIT AS NOTED

GOALS: _____

DATE: _____

WEIGHT:

SLEEP (hrs):

| M Tu W Th F Sa Su | M Tu W Th F Sa Su | M Tu W Th F Sa Su | M Tu W Th F Sa Su | M Tu W Th F Sa Su |
|-------------------|-------------------|-------------------|-------------------|-------------------|
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