

# AFJROTC FITNESS TRACKER



AIR FORCE JUNIOR ROTC (TX-20063)  
TIVY HIGH SCHOOL  
3250 Loop 534  
KERRVILLE, TX 78028  
830-257-2212 Ext 3615 or Ext 3616

CADET: \_\_\_\_\_

## **TX-20063 Physical Training (PT) Procedures & Grading Guidelines**

Fitness improvement is a key component of the AFJROTC curriculum. Cadets will use the Fitness Tracker to log all PT workouts (in class and at home). Every cadet should perform a minimum of 3 days of physical activity a week for at least 10 minutes. There will be one grade taken each week for Physical Fitness. Students attending school in class perform physical fitness each day for 10 minutes and on Fridays as highlighted in the course syllabus to earn their fitness grade for the week. Cadets at home may do the same, but all cadets are expected to work out at least 3 times a week. The physical training should take place with another person present (i.e. parent or guardian) to monitor the work out and be able to address any physical issues or difficulties that may happen as a result of the physical activity. Safety is always paramount when performing any physical activity and the other person monitoring the workout must be able to call emergency services and render aid if necessary.

The time / sets / repetitions listed are suggested requirements. All cadets are expected to establish a baseline test and then will progress based on their level of fitness. The baseline PT test will focus on 3 areas tested within AFJROTC. They include: the 1 mile run, 1 minute of push-ups, and 1 minute of sit-ups. The initial baseline test will take place within the 1<sup>st</sup> 45 days of school. Each cadet will progress according to the Corps Goals established by the cadet leadership cadre each school year. At home cadets will earn their grade for physical fitness by submitting a picture or digitally completed log sheet/form each week and will have a parent/guardian certify that the physical training listed on the log sheet took place. DO NOT pencil whip your work; you are only cheating yourself. If you have any questions or need help contact your Flight leadership or an instructor. PT home workouts help you build and increase your fitness level - Push yourself!

Each strength training exercise should be performed in sets of 3. Items that are based on time should be accomplished according to the task. For instance, the run time is accomplished for a set duration of constant non-stop running. Planks are performed based on time (30 second plank), but also performed by accomplishing a certain number of 30 second planks. These can then be improved upon by extending the time of the planks and the number of planks accomplished. Push-ups & Sit-ups would be accomplished by a set number of them accomplished in a set amount of time and they can also be performed by doing 3 sets of 20 each for instance.

Throughout the school year the USAF fitness test will be performed to check progress of the individual's fitness level. These events are recorded and tracked by AFJROTC within our automated data system called WINGS.

## TX-20063 Physical Training Homework Procedures and Grading Guidelines

If you have any questions or need help contact us. PT homework helps you build and increase your fitness level - **Push yourself!**

**Upper Body:** *Regular push-up, Cobra, Spider, 3 Count, One-Arm* (25 points)

| 1 <sup>st</sup> Grading Period | 2 <sup>nd</sup> Grading Period | 3 <sup>rd</sup> Grading Period | 4 <sup>th</sup> Grading Period | 5 <sup>th</sup> Grading Period | 6 <sup>th</sup> Grading Period |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1/5                            | 2/5                            | 3/5                            | 4/5                            | 5/5                            | 6/5                            |

**Abdominal:** *Crunch, V-Up, Mega Vs, Flutter Kicks, Plank* (25 points)

| 1 <sup>st</sup> Grading Period | 2 <sup>nd</sup> Grading Period | 3 <sup>rd</sup> Grading Period | 4 <sup>th</sup> Grading Period | 5 <sup>th</sup> Grading Period | 6 <sup>th</sup> Grading Period |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1/5                            | 2/5                            | 3/5                            | 4/5                            | 5/5                            | 6/5                            |

**Cardio:** *Run/Jog/Walk* (25 points)

| 1 <sup>st</sup> Grading Period | 2 <sup>nd</sup> Grading Period | 3 <sup>rd</sup> Grading Period | 4 <sup>th</sup> Grading Period | 5 <sup>th</sup> Grading Period | 6 <sup>th</sup> Grading Period |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| R ¼ M or<br>W ½ M              | R ½ M or<br>W ¾ M              | R ¾ M or<br>W 1 M              | R 1m                           | R 1 ¼ M                        | R 1 ½ M                        |

**Flexibility:** *Pidgeon, Scorpion, Warrior, Cat/Dog, Boat, Bow* (25 points)

| 1 <sup>st</sup> Grading Period | 2 <sup>nd</sup> Grading Period | 3 <sup>rd</sup> Grading Period | 4 <sup>th</sup> Grading Period | 5 <sup>th</sup> Grading Period | 6 <sup>th</sup> Grading Period |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1 - 3 Min                      | 3-5 min                        | 3-5 min                        | 5-8 min                        | 5-8 min                        | 8-10 min                       |

**Extra Credit:** Chores, Sports, Fitness class, work (10 points)

List the date, event, and length of time at the bottom of the tracking sheet. (Example: Sept 5<sup>th</sup> would be annotated "5" (day of the month) in the date block (day) Soccer - 1 hr

## **Fitness: Upper Body & Abdominal Exercises (short description)** (As of: 8/21/2020)

### **3 Count Push-ups (10 reps)**

Start in the front leaning rest position; arms fully extended out. On the command "Down" lower the body 1/3 of the way down – On the command "Two" lower the body another 1/3 of the way down – On the command "Three" lower the body to just clearing the ground – On the command "Up" return to the starting position

### **V-Ups (10 reps)**

Start by lying on your back, feet together legs straight, arms folded across the chest, do not grab shirt or shoulders (make fists) On the command "Up" raise your heels and shoulder blades 6" off the ground – Keep legs straight and place emphasis on proper height (6") – Hold for 5 seconds – On the command "Down" lower shoulder blades and heels

### **Cobra Push-ups (10 reps)**

Same as standard push-up – except feet are flat on the ground – toes down – not rolled under as in a regular push-up Start in the front leaning rest position; arms fully extended out. On the command "Down" lower the body to just clearing the ground – On the command "Up" return to the starting position

### **Alphabet**

Start by lying on your back, feet together legs straight, hands under your butt. On the command "Up" raise heels to 6" off the ground using your heels as the point of a pencil you will draw the alphabet in block capital letters. Leader will call out the letter and participants will draw that letter with the heels (A-Z) for beginners, allow their heels to rest between letters – For advanced, keep their heels up for the entire exercise

### **Spider Push-up**

Same as standard push-up – except hands and feet are extended out as far away from the body as possible Start in the front leaning rest position; arms fully extended out. On the command "Down" lower the body to just clearing the ground – On the command "Up" return to the starting position Due to the placement of the hands and feet this is a shallow but effective push-up

### **Mega V-Ups**

Start by lying on your back, feet together legs straight, arms folded across the chest, do not grab shirt or shoulders (make fists) On the command "Up" raise your heels and shoulder blades 6" off the ground – Keep legs straight and place emphasis on proper height (6") On the command "Crunch" bring your knees and shoulders inward towards your waist On the command "Out" return to the "V" position On the command "Down" lower shoulder blades and heels



Name \_\_\_\_\_  
 Month: **SEPTEMBER**

| DATE (1-30) -->       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Abdominal             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Upper Body            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cardio Training       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flexibility           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "I ran a half mile in 4 mins and 2 secs." would be recorded as .....

|        |
|--------|
| R 1/2m |
| 4:02   |

Name \_\_\_\_\_

Month: OCTOBER

| DATE (1-31) ---->     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Abdominal             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Upper Body            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cardio Training       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flexibility           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "J ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |

Name \_\_\_\_\_  
 Month: NOVEMBER

| DATE (1-30) -->        |                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|-----------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Abdominal</b>       | Alphabet              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | V-ups                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Mega-Vs               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Crunches              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                  |                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Upper Body</b>      | Cobra Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | 3 Count Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Spider Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Regular Pushups       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Cardio Training</b> | Run / Jog / Walk DIST |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Run / Jog / Walk TIME |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Cycle                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Sports                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility</b>     | Scorpion              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Fire Hydrant          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Cat/Dog               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        | Superman/Banana       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon                |                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch           |                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "I ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |



Name \_\_\_\_\_  
 Month: DECEMBER

| DATE (1-31) -->        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Abdominal</b>       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Upper Body</b>      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Cardio Training</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility</b>     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pigeon                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "I ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |



Name \_\_\_\_\_  
 Month: FEBRUARY

| DATE (1-28) ---->      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Abdominal</b>       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Upper Body</b>      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Cardio Training</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility</b>     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "I ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |



Name \_\_\_\_\_

Month: APRIL

| DATE (1-30) -->        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Abdominal</b>       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Upper Body</b>      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Cardio Training</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility</b>     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "J ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |

Name \_\_\_\_\_  
 Month: MAY

| DATE (1-31) --->       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Abdominal</b>       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alphabet               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| V-ups                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mega-Vs                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crunches               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plank                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Upper Body</b>      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cobra Pushups          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Count Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spider Pushups         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Regular Pushups        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Cardio Training</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk DIST  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Run / Jog / Walk TIME  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cycle                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sports                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Flexibility</b>     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scorpion               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fire Hydrant           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cat/Dog                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman/Banana        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pidgeon                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free Stretch           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Annotate Cardio workout by indicating Mode (R for Run, J for Jog, and W for Walk)  
 Distance in mile increments 1/4 mile and Time in minutes / seconds.  
 Example: "I ran a half mile in 4 mins and 2 secs." would be recorded as ----->

|        |
|--------|
| R 1/2m |
| 4:02   |