

FITNESS CHALLENGE REPORT FORM

NAME:		Exercise:	# of Reps	# of Sets
Day 1	Date:			
Day 2	Date:			
Day 3	Date:			
Day 4	Date:			
Day 5	Date:			
Day 6	Date:			
Day 7	Date:			

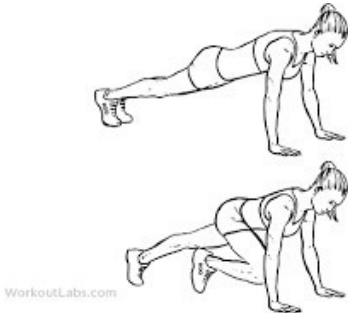
Burpees



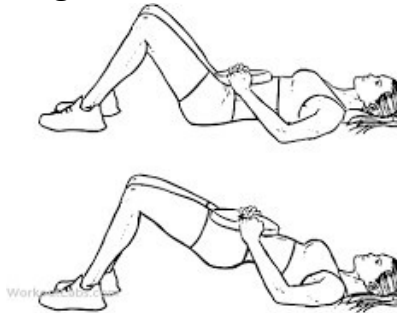
Heel Touches



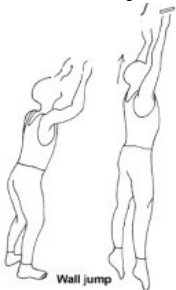
Mountain Climber



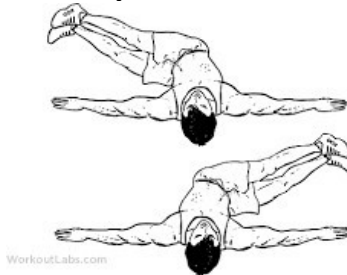
Bridge



Wall Jumps



Floor Wipers



Walk Outs



Dead Bugs

