YOUR NAME:	GOAL END DATE:



<u>Summer Fitness Challenge</u>: set a goal end date and highlight it on your calendar. Talk with your parents to find a plan (example: 50 pushups, 66 situps, 84 squats daily means you'll finish in 30 days). **You must complete: 1500 Push-Ups, 2000 Sit-Ups, 2500 Squats.**

JULY 2021

SUN		MON		TUE		WED		THU	FRI	SAT	TOTALS
								01	02	03	
								Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
	04		05		06		07	80	09	10	
Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:	_	Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
	11		12		13		14	15	16	17	
Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:	_	Push Ups: Sit Ups: Squats:		Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
	18		19		20		21	22	23	24	
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2	25		26		27		28	29	30	31	
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AUGUST 2021

SUN	MON	TUE	WED		THU	FRI	SAT	TOTALS
01	(02	03	04	05	06	07	
					Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
08	(09	10	11	12	13	14	
Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:				Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
15		16	17	18	19	20	21	
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22	2	23	24	25	26	27	28	
Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Sit Ups: Squats:			Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:
Push Ups: Sit Ups: Squats:	Push Ups: Sit Ups: Squats:							Push Ups: Sit Ups: Squats:

Date Turned	ln:

T-Shirt Size: YS YM YL S M L XL