

JULY 2021

[illegible]

YOUR NAME: _____ GOAL END DATE: _____

Summer Fitness Challenge: 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.**

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: ____	Push Ups:____ Sit Ups: ____ Squats: ____	Push Ups:____ Sit Ups: ____ Squats: ____
15	16	17	18	19	20	21	
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: ____
22	23	24	25	26	27	28	
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: ____
29	30	31					
Push Ups:____ Sit Ups: ____ Squats: ____	Push Ups:____ Sit Ups: ____ Squats: ____	Push Ups:____ Sit Ups: ____ Squats: ____					Push Ups:____ Sit Ups: ____ Squats: ____

Date Turned In: _____

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