

Fitness Goals

For the month of _____, 2015

My fitness goals for this month:

- Walking**
- Running**
- Yoga**
- Weights**
- _____
- _____

I am doing well with _____



I need to improve on _____




My strengths are _____



My weaknesses are _____



 **My workout days are** _____



 **My rest days are** _____



60 Second Fitness Test

How many of each exercise can you do in 60 seconds?

Exercise	Beginning Of The Month	End Of The Month
Sit-Ups	_____	_____
Push-Ups	_____	_____
Jumping Jacks	_____	_____
Burpees	_____	_____