

5-WEEK FIT REPORT

NAME: _____

DATE: _____

WEEK 1	HOW TO SQUAT <input type="checkbox"/> DID IT!	FIT, FAST, FUN <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	WARM UPS & COOL DOWNS <input type="checkbox"/> READ IT!	STEP IT UP <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	PARTNER POWER <input type="checkbox"/> DID IT!	STRENGTH GAINS <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	STRETCH 1 _____ ROUNDS
WEEK 2	HOW TO PLANK <input type="checkbox"/> DID IT!	BLOCK IT OUT <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	KIDSFIT GOALS <input type="checkbox"/> READ IT!	TICK TOCK <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	MYPLATE SCAVENGER HUNT <input type="checkbox"/> DID IT!	HALLWAY HUSTLE <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	STRETCH 2 <input type="checkbox"/> DID IT!
WEEK 3	HOW TO DO PUSH-UPS <input type="checkbox"/> DID IT!	DECKED OUT <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	DO YOUR PERSONAL BEST <input type="checkbox"/> READ IT!	PAIN & GAIN <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	TABATA TOGETHER <input type="checkbox"/> DID IT!	ANIMAL AGILITY <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	STRETCH 3 _____ ROUNDS
WEEK 4	HOW TO LUNGE <input type="checkbox"/> DID IT!	FINAL COUNTDOWN <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	3 REASONS TO BE ACTIVE <input type="checkbox"/> READ IT!	MOVING ON UP <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	SCAVENGER HUNT <input type="checkbox"/> DID IT!	MONKEY BUSINESS <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	STRETCH 4 <input type="checkbox"/> DID IT!
WEEK 5	HOW TO DO A SUPERMAN <input type="checkbox"/> DID IT!	UPS & DOWNS <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	AFTER SCHOOL SNACKING <input type="checkbox"/> READ IT!	CORE CRAZY <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ ROUNDS	DONE IN 60 SECONDS <input type="checkbox"/> DID IT!	HILL HOP <input type="checkbox"/> Rookie <input type="checkbox"/> Pro <input type="checkbox"/> All-Star _____ TIME	STRETCH 5 _____ TIME

Return to your store dietitian upon completion for a prize!