

# 5-WEEK FIT REPORT

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

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