

Tenderfoot

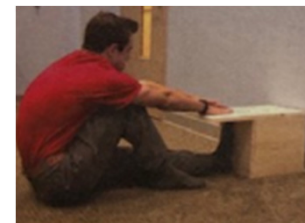
Name:



| Day | Date | Pushups<br>(in 60 seconds) | Situps<br>(in 60 seconds) | Back-saver Sit-<br>and-reach<br>(Right / Left) | 1 mile Walk/<br>Run<br>(time) |
|-----|------|----------------------------|---------------------------|--|-------------------------------|
| 1   |      |                            |                           |  |                               |
| 2   |      |                            |                           |  |                               |
| 3   |      |                            |                           |  |                               |
| 4   |      |                            |                           |  |                               |
| 5   |      |                            |                           |  |                               |
| 6   |      |                            |                           |  |                               |
| 7   |      |                            |                           |  |                               |
| 8   |      |                            |                           |  |                               |
| 9   |      |                            |                           |  |                               |
| 10  |      |                            |                           |  |                               |
| 11  |      |                            |                           |  |                               |
| 12  |      |                            |                           |  |                               |
| 13  |      |                            |                           |  |                               |
| 14  |      |                            |                           |  |                               |
| 15  |      |                            |                           |  |                               |

Tenderfoot

Name:



| Day | Date | Pushups<br>(in 60 seconds) | Situps<br>(in 60 seconds) | Back-saver Sit-<br>and-reach<br>(Right / Left) | 1 mile Walk/<br>Run<br>(time) |
|-----|------|----------------------------|---------------------------|--|-------------------------------|
| 16  |      |                            |                           |  |                               |
| 17  |      |                            |                           |  |                               |
| 18  |      |                            |                           |  |                               |
| 19  |      |                            |                           |  |                               |
| 20  |      |                            |                           |  |                               |
| 21  |      |                            |                           |  |                               |
| 22  |      |                            |                           |  |                               |
| 23  |      |                            |                           |  |                               |
| 24  |      |                            |                           |  |                               |
| 25  |      |                            |                           |  |                               |
| 26  |      |                            |                           |  |                               |
| 27  |      |                            |                           |  |                               |
| 28  |      |                            |                           |  |                               |
| 29  |      |                            |                           |  |                               |
| 30  |      |                            |                           |  |                               |

Second Class / First Class

Name:

|        | Day | Date | exercise | Time (at least 30 min) |
|--------|-----|------|----------|------------------------|
| Week 1 | 1   |      |          |                        |
| Week 1 | 2   |      |          |                        |
| Week 1 | 3   |      |          |                        |
| Week 1 | 4   |      |          |                        |
| Week 1 | 5   |      |          |                        |
| Week 2 | 1   |      |          |                        |
| Week 2 | 2   |      |          |                        |
| Week 2 | 3   |      |          |                        |
| Week 2 | 4   |      |          |                        |
| Week 2 | 5   |      |          |                        |
| Week 3 | 1   |      |          |                        |
| Week 3 | 2   |      |          |                        |
| Week 3 | 3   |      |          |                        |
| Week 3 | 4   |      |          |                        |
| Week 3 | 5   |      |          |                        |
| Week 4 | 1   |      |          |                        |
| Week 4 | 2   |      |          |                        |
| Week 4 | 3   |      |          |                        |
| Week 4 | 4   |      |          |                        |
| Week 4 | 5   |      |          |                        |