30 Day Fitness Tracking Sheet Counselor - Bob Koch (981-1399)

Scout:

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Benchmarks																
Mile																
Situps						_										
Push Ups	Not Needed for Tenderfoot															
Sit & Reach																
BC - Right Arm																
BC - Shoulder																
BC - Chest																
BC - Waist																
BC - Right Thigh																
		3	•	•	3	•	•	•	•	•						
My Physical Fitness Program																
Warm-Up Routine																
Stretching																
		•	•	•	•		•				•				•	
Aerobic				T	T		T				T					
Wind Sprints																
Mid-Distance Workout																
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Flexibility Routine		T	1	T	T	1	T	1	1	1	T	1	1	1	T	
Floor Reaches																
Back Bends																
Isometric Stretch																
2																
Strength Routine		ı		ı	ı	ı	ı	ı	1		ı	ı		1		
Weight Lifting															 	\vdash
Press																
Curls																
Bench Press																
Squats			l]	
Cool Down	Ī															
Walk and Talk																
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