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## Parsonal Eitness



| Troop:       | Personal Fitness                 |          |          |             |               |  |  |  |
|--------------|----------------------------------|----------|----------|-------------|---------------|--|--|--|
| Start Date:  | 12 Week Physical Fitness Program |          |          |             |               |  |  |  |
| Week 1       |                                  |          |          |             | Heart         |  |  |  |
| Date         | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Rate          |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
| Week 2       |                                  |          |          |             | Heart         |  |  |  |
| Date         | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Rate          |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          | Τ        |             |               |  |  |  |
| Week 3  Date | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
| Work 4       |                                  |          |          |             |               |  |  |  |
| Week 4 Date  | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|              |                                  |          |          |             |               |  |  |  |
|              |                                  |          |          |             |               |  |  |  |

| Name:  |  |  |  |
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## Porconal Fitness



| Troop:      | Personal Fitness                 |          |          |             |               |  |  |  |
|-------------|----------------------------------|----------|----------|-------------|---------------|--|--|--|
| Start Date: | 12 Week Physical Fitness Program |          |          |             |               |  |  |  |
| Week 5      |                                  |          |          |             | Heart         |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Rate          |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
| Week 6      |                                  |          |          |             |               |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
| Week 7      |                                  |          |          |             |               |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
| Week 8      |                                  |          |          |             |               |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |

| Name:  |  |  |  |
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## Personal Fitness



| Troop:      | Personal Fitness                 |          |          |             |               |  |  |  |
|-------------|----------------------------------|----------|----------|-------------|---------------|--|--|--|
| Start Date: | 12 Week Physical Fitness Program |          |          |             |               |  |  |  |
| Week 9      |                                  |          |          |             | Heart         |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Rate          |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
| Week 10     |                                  |          |          |             |               |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
| Week 11     |                                  |          |          |             |               |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart<br>Rate |  |  |  |
|             | <u> </u>                         |          |          | -           |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          | 1 1         |               |  |  |  |
| Week 12     |                                  |          |          |             | Heart         |  |  |  |
| Date        | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Rate          |  |  |  |
|             |                                  |          |          |             |               |  |  |  |
|             |                                  |          |          |             |               |  |  |  |