

Thirteen-Week Physical Fitness Plan for Youth (14-17 Years)

Introduction:

Physical fitness is essential for the healthy development of youth, fostering physical, mental, and emotional well-being. This 13-week program is designed for teenagers aged 14 to 17 and emphasizes incremental and progressive milestones, encouraging a gradual build-up of strength, endurance, flexibility, and overall fitness. Each week incorporates cardiovascular, strength, and flexibility exercises, with self-reporting methods to track progress and stay motivated.

Program Overview:

1. Warm-ups executed properly
 - a. Dynamic Stretch routines
 - b. No running in place or high knee actions between exercises
2. Core Strength Series
 - a. Planks
 - b. Oblique Heel Touches
3. Cool Down after every PT event
 - a. On-site of exercise conducted
 - b. Supplement hydration during the cool-down phase
4. Scheduled PT – Hard
 - a. Intervals need recovery
 - b. Adhere to recovery disciplines
5. Recovery after PT
 - a. It can be as crucial as the PT
 - b. Always conduct recovery at the PT site
6. Initial Strength Assessment – Performed Before Initiating Week-1 Plan
 - a. Maximum number of push-ups in two minutes
 - b. Maximum number of pull-ups (males) / Maximum time flexed arm hang (females)
 - c. Maximum number of bent knee sit-ups in two minutes
 - d. 1.5-mile timed run
7. Hydration, Nutrition, and Rest = Key Contributors to Fitness & Health
 - a. Making hydration a daily training component
 - b. Committing to a healthier diet and habit
 - c. Establishing self-discipline to rest and recover

Tips for Success:

- Stay Consistent: Commit to each week's schedule.
- Seek Support: Join a friend or group for accountability.
- Celebrate Small Wins: Acknowledge progress regularly.
- Adapt When Necessary: Adjust activities to suit individual fitness levels.

Conclusion:

This 13-week incremental fitness plan guides youth between 14-17 years toward improved physical health and well-being. The plan fosters accountability and motivation by combining progressive workout routines with self-assessment tools. With consistency, participants will gain a more muscular body, enhanced endurance, and a foundation for lifelong fitness habits.

Dynamic Warm-up Descriptions

Active Plank - The Active Plank is the Dynamic Warm-up starting position. Start in a standing position with feet shoulder width, toes pointing slightly out, with knees slightly bent, tense your lower body by trying to grasp the ground with your toes, tense your thighs, butt, low back and abdominal muscles, relax the upper body, roll your shoulders so they are behind your ears, arms relaxed and at your side.

Butt Kickers - This is a run or run in place; From the Active Plank position, bring your left knee up so upper leg is parallel to the deck as your heel moves toward your butt, bring the left leg down and repeat with right leg.

Carioca, Carioca with Knee Kick -This is a traveling exercise (start with left shoulder leading) that moves laterally with the trailing leg crossing in front of and behind the leading leg, arms stay at shoulder height with palms up. Carioca with Knee Drive is the same lateral motion, but when the trailing leg crosses the front, the knee is close to waist height. The movement comes from the hips, upper body does not rotate. End the exercise by leading with the right shoulder.

Eight Count Body Builders - From the Active Plank, there are 8 distinct moves: 1. Squat down with palms on the ground, arms are straight, 2. Shoot legs back with feet inside shoulder width, 3. Legs move to beyond shoulder width, 4. Legs move back to inside shoulder width, perform one push-up 5. Down position, 6. Up position, 7. Shoot legs toward hands as hands leave the deck, 8. Stand up.

Fire Hydrants - Hands, knees and feet are on the deck, arms are hanging straight down from shoulder, the right knee stays on the deck, back stays straight as you lift your left leg up at the side through the normal range of motion, and back to the ground, repeat with left knee on the ground and lifting right knee up at the side through the normal range of motion and back to the ground.

Frankenstein - This is a traveling exercise, start by facing the direction moving toward, in the Active Plank position with arms at shoulder height, step forward with the left leg, swing right leg up toward left hand, then swing back down, slowing the leg so foot does not slam into the deck, step forward with right leg, swing left leg up toward right hand, then back down, slowing the leg so foot does not slam into the deck, repeat to designated distance.

Heel Toe Raise - From the Active Plank position, place hands on hips, raise up onto toes then back to heels with toes off of the ground, then back to raising up on toes, repeat.

High Knees -This is a run or run in place, from the Active Plank position, bring your left knee up so upper leg is parallel to the deck with your lower leg hanging directly below your knee, bring left leg to ground, repeat with right leg, arms are moving in opposition to legs (left leg up, right arm up, right leg up, left arm up).

Highland Fling - Start in the Active Plank position. As the legs move to a wide position, arms are extended wide, then, at the same time, both legs and arms will cross in the front of the body, alternate left leg over right leg and left arm over right arm and right leg over left leg, right arm over left arm.

Knee to Elbow Push Up - Start in the up position of a push-up, as the body is being lowered toward the deck, the left knee moves toward the left elbow, foot should be kept from touching the ground. As the body is moving away from the deck, left foot moves back so it ends up next to the right foot. Now both toes and both hands are contacting the deck. Repeat with the right knee touching the right elbow.

Lateral Lunge - From a standing position, with hands on hips, and eyes looking forward, take a wide side step with the left leg, right leg stays in place, as the left foot is placed on the deck, move butt back into a squat position, the right leg is straight with the right foot touching the deck, hands and arms stretch out in front of the chest as butt goes back. Bring left leg back toward right leg, repeat starting with a wide side step with the right leg.

Lateral Shuffle - Start in the Active Plank, then hinge hips back, arms relaxed at a 90-degree angle, so forearms are extended, feet shoulder width apart. Keep hips back as you push from the right leg and step with the left leg to the left, then bring the right leg so it is in the original shoulder width position, repeat for 10 yards, change position so you are now leading with the right leg.

Long Strider - Start in a standing Active Plank position, extend opposite arm (left) and leg forward (right), then switch so right arm and left leg are forward.

Lunge with Power Skip Height - Execute a lunge (left foot steps forward, right knee goes toward the deck), bring right leg forward as you push off the left foot and catch a little air, land on left foot, and move into a lunge with the right foot forward. Repeat.

Plank Leg Extension - Start in the up position of a push-up, while maintaining a proper plank position, extend the straight left leg up toward the left hand, touch left heel to the deck while keeping left leg straight, then move left leg back to starting position. Repeat with the straight right leg up toward right hand.

Scorpions - Start by kneeling, with both hands on the deck, upper legs and arms are straight, head in neutral position looking at the deck, while keeping lower and upper leg in a 90-degree angle, raise left leg back and up (foot should end up being higher than head) then back to starting position. Perform all required reps with left leg, then the right leg.

Speed Skaters - Standing position, lean forward as you move butt back slightly, knees slightly bent, arms hanging straight down. Take a step to the left by pushing off the right leg, land on the left foot, the right leg will swing to the left leg while keeping the right foot off of the ground, repeat by pushing off of the left foot and landing on the right foot. Arms swing in front to help balance; trail foot stops before crossing front foot.

Split Jack Forward - Standing with feet close together, legs move forward and back as arms move similar to a side straddle hop.

Squat Drops - Start in a standing Active Plank, feet hip width apart, roll up feet so you are standing on your toes, then "drop" into a squat position (but no further than knees), as the butt goes back, arms go forward.

Stationary Squats - Start in a standing Active Plank, feet hip width apart, the first move is to "push" the butt back (hip tilt), as the butt goes back, arms go forward, move butt back and down, back is kept straight (not straight up and down) with eyes looking forward. At the bottom of squat, knees should be behind toes, but no further down than knee height (incorrect if weight is on toes, correct if you can raise toes while staying in the lower squat position).

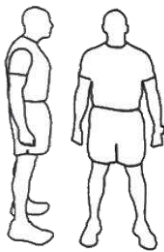
Trunk Twist - Standing with a wide stance, arms extended out to the side and shoulder height, turn torso to the left and pivot right foot so hips also turn to the left (shoulder and hips turn together), then turn to the right and pivot left foot so right hips turn to the right.

Walking Knee Hug - Step forward with the left foot, raise the right knee up, grasp the outside of knee and bring it in the torso, then step with the right foot, raise left knee up, grasp the outside of knee and bring into torso, repeat.

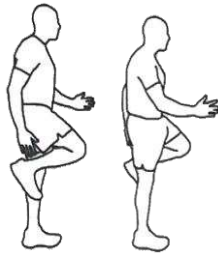
Walking Lunge with Twist or Side Reach - Perform a lunge, keeping front knee behind the front toes, trailing leg moves towards the deck, but not on the deck. Twist occurs after the trailing knee is close to the ground, the twist is moving the torso toward the forward leg. The side reach occurs after the trailing knee is close to the ground, reach with the arm straight up then bend arm/torso toward the forward leg, if left leg is in front, side reach with right arm, left arm right leg is in front.

Walking Quad Stretch - Step forward with the left foot, as you bring the right foot forward, raise the right knee so the foot is close to butt, grasp the right ankle, then lower right knee as you hold the right ankle. You should feel a stretch in the front of your upper leg (quadriceps). After a 1 second hold, release the right ankle and step forward with the right foot, repeat with left leg.

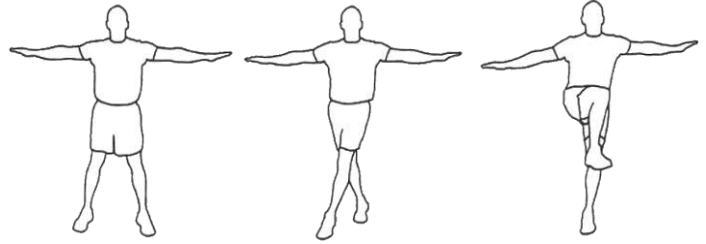
Dynamic Warm-Up Pictures



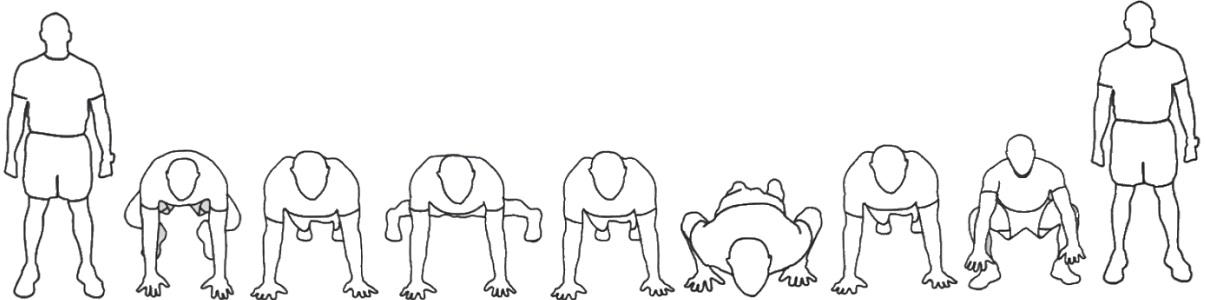
Active Plank



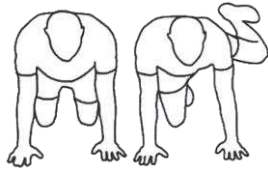
Butt Kickers



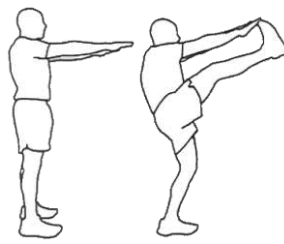
Carioca, Carioca with Knee Kick



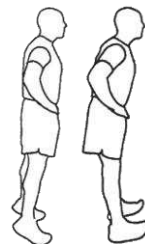
Eight Count Body Builders



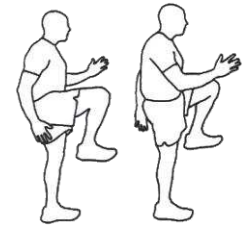
Fire Hydrants



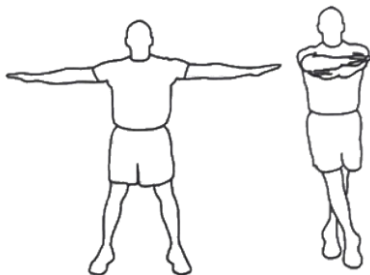
Frankenstein



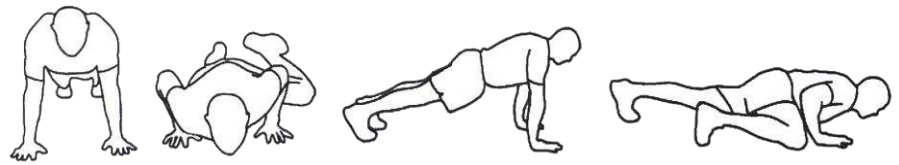
Heal Toe Raise



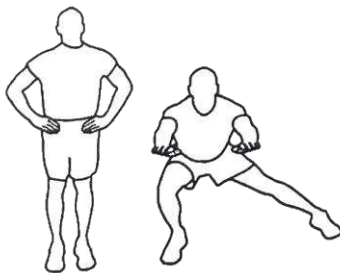
High Knees



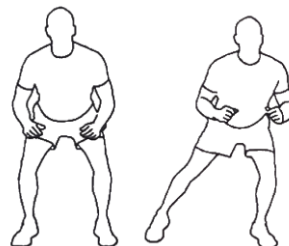
Highland Fling



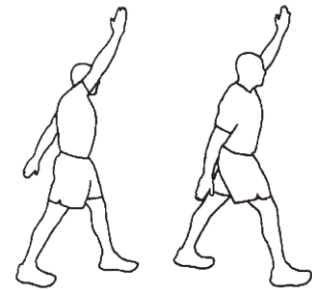
Knee to Elbow Push-up



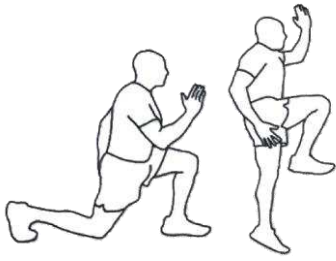
Lateral Lunge



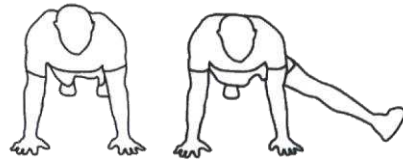
Lateral Shuffle



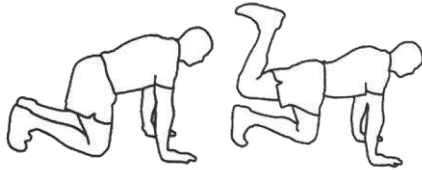
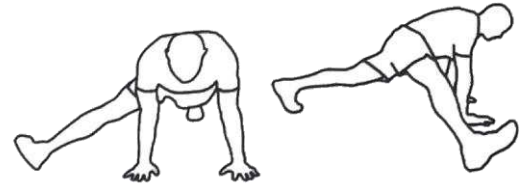
Long Strides



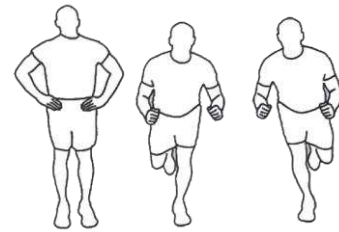
Lounge with Power Skip, Height



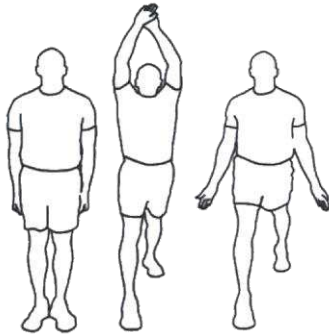
Plank leg extension



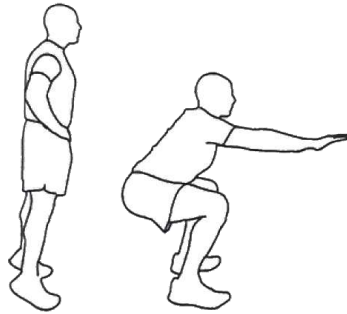
Scorpions



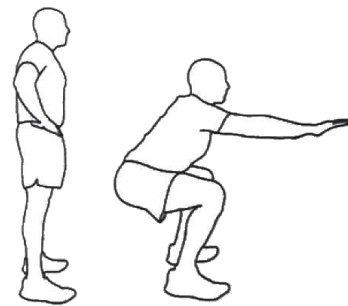
Speed Skater



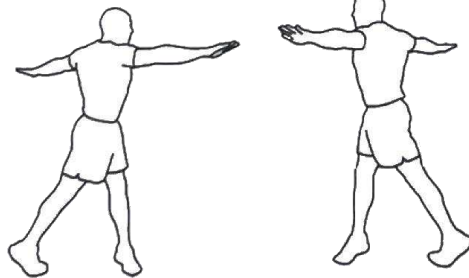
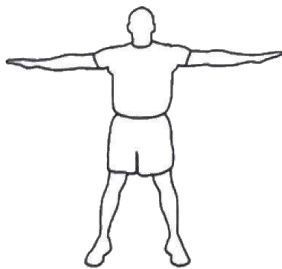
Split Jack Forward



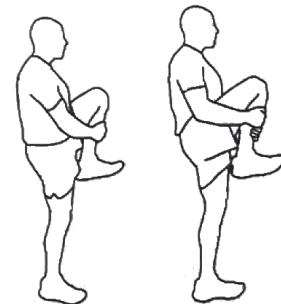
Squat Drops



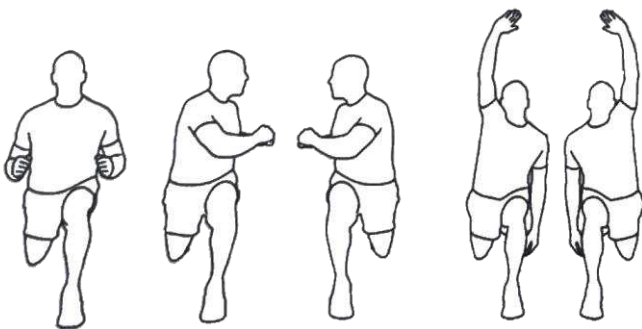
Stationary Air Squat



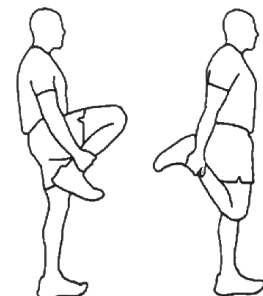
Trunk Twist



Walking Knee Hug



Walking Lunge with Twist or Side Reach

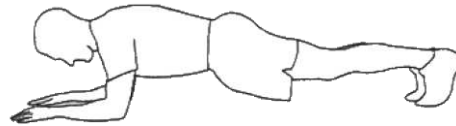


Walking Quad Stretch

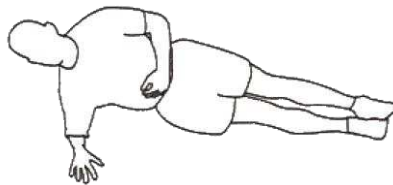
Core Strength Series

The Core Strength Series is a series of exercises designed to increase the strength the core muscles. These muscles serve as the line of communication between the upper and lower extremity. Any weakness in these muscles will lead to a decrease in the level of force that can be delivered or absorbed by the candidate. The exercises in the series focus on isometric stabilization of the trunk in multiple directions. The torso will not touch the deck, from start to finish. The candidate must maintain a straight torso in order to gain the desired effect.

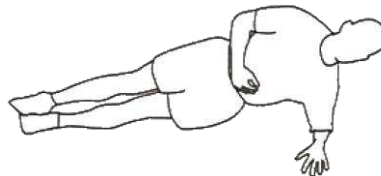
Front Plank - To start the front plank, elbows should be bent and lowered to the ground so that the forearms are lying flat on the ground, with the body in a straight line like a push-up position, with feet hip-width apart and head in a neutral position (eyes are looking at the deck). Elbows should be aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down. Once in this position, the candidate will keep the shoulders, torso, and hips straight, the only points of contact are the forearms/hands and the toes.



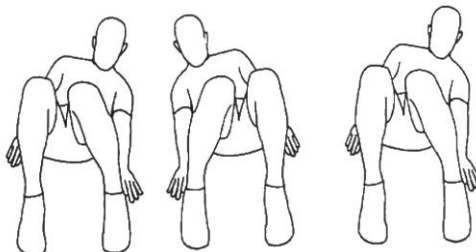
Right Side Plank - This position will begin from the Front Plank position. To begin this exercise, the candidate will turn on their right side while only making two points of contact with their forearm and right foot. The left arm will be held straight from shoulder to elbow along the left side of the body, left arm bent at a 90-degree angle so left forearm is across belly. The head will remain neutral while the "core" is held straight. The only points of contact are the right foot and the right forearm.



Left Side Plank - This position will begin from the Right Plank position. To begin this exercise, the candidate will turn on their left side while only making two points of contact with their left forearm and foot. The right arm will be held straight from shoulder to elbow along the right side of the body, right arm bent at a 90-degree angle so right forearm is across belly. The head will remain neutral while the "core" is held straight. The only points of contact are the left foot and the left forearm.



Oblique Heel Touches -This exercise will begin by assuming a crunch position with knees bent, feet flat on the deck, arms at sides with palms facing down and toward feet, with shoulder blades off the deck. While maintaining shoulder blades off the ground, bend the torso to the left, reaching toward the left heel with the hand (left hand toward left heel), then rotate to the right side, reaching for the right heel with the right hand. Repeat until time has elapsed.



Cool Down Descriptions

Abdominal (Cobra) Stretch - Lay on the stomach with hands placed below the shoulders as if in the down position of a push-up. Slowly raise the upper body up, keeping hips on the deck. The stretch should be felt over the abdomen.

Calf - Place the left heel approximately one foot in front of the right toe and even with the right knee bent and even with the left knee. Lean forward toward the left foot pointing the left toes up to the sky. If you can grab the left foot, a gentle pull can be given. The stretch should be felt over the left calf. Repeat opposite side. **Optional Calf** - From the up position in a push-up, wrap the right foot behind left foot as you raise your hips to enable your left foot to be flat on the deck, stretch is in the back of lower leg, repeat on right side.

Groin (Butterfly)- Sit with both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the deck. Attempt to keep the back straight. The stretch should be felt over the inside of both thighs.

Hip and Back - Sit on the deck with the left leg extended straight and the right foot crossed over the left knee by bending the right knee and placing the right foot on the deck outside of the left knee. Turn the upper torso to the right as you push the right knee to the left with the left elbow. The stretch should be felt from the low back to the neck and left hip. Repeat opposite side.

Lower Back - Lying with the back flat against the deck, bend the right leg at knee and bring the right knee toward the chest, grasping the front of right knee. Gently pull the knee tight into the chest, then lower the left leg and hold. The left leg should remain on the deck. The stretch should be felt along the low back to the right butt. Repeat opposite side.

Piriformis (Figure 4) - Laying on your back, place the left foot/ankle and rest on the right knee, a “figure 4” position. Place both hands on the back of the right hamstring and gently pull the right leg toward your face (head may raise up or remain on the ground). The stretch should be felt into the hip/butt. Repeat opposite side.

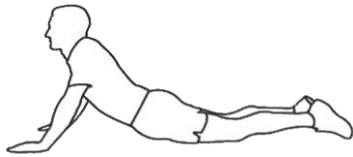
Quadriceps - While standing, bend the left knee to 90 degrees. Grasp the left ankle with the left hand and pull the left foot straight back so knee is facing deck. Do not hyperextend the low back. The stretch should be felt over the front of the left thigh. Repeat opposite side.

Shoulder and Neck - Move both arms behind the back and grasp the left wrist with the right hand. Tilt the head to the right (right ear toward right shoulder) and pull the left arm to the right. The stretch should be felt over the left shoulder and left side of the neck. Repeat opposite side.

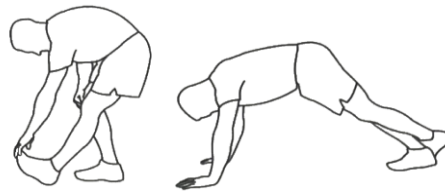
Supine Hamstring Stretch – From a crunch position, straighten out the left leg and grasp behind thigh while right foot remains on the deck; after bringing left leg to the point of stretching the hamstring, contract (squeezing) the left quadriceps and lower right leg to the deck as you continue to hold the stretch. Repeat opposite leg.

Supine ITB Stretch - From the sit up position, straighten out the right leg, while keeping right leg on the deck, raise left leg so knee is in a 90-degree angle; with the right hand, pull left leg across body toward the deck while keeping the right foot pointing to the sky. Stretch should be felt in the hip/butt. Repeat opposite side.

Cool Down Pictures



Abdominal (Cobra) Stretch



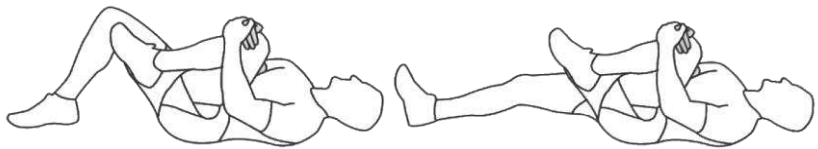
Calf, Optional Calf



Groin (Butterfly)



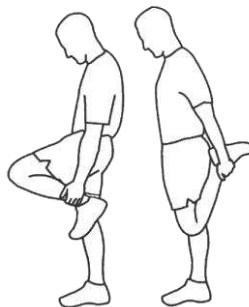
Hip and Back



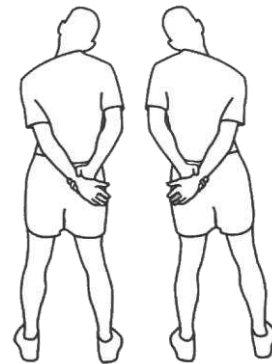
Lower Back



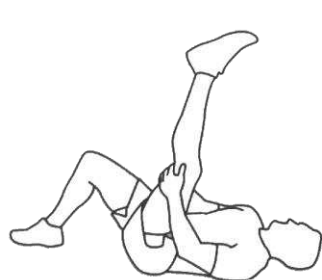
Piriformis (Figure 4)



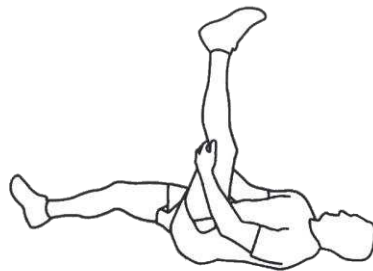
Quadriceps



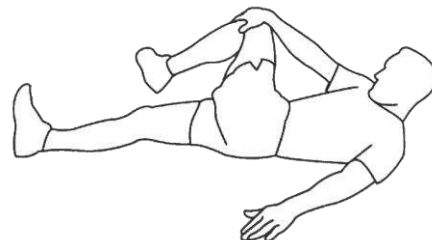
Shoulder and Neck



Supine Hamstring Stretch



Supine ITB Stretch



ZERO WEEK
ASSESSMENT and INITIAL ENGAGEMENT TO FITNESS REGIMEN

Day	Dynamic Stretch Active Plank	Dynamic Stretch Butt Kickers	Dynamic Stretch Carioca with Knee Drive	Dynamic Stretch 8 count Body Builders	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Core Strength Oblique Heel Touches	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 5	3 sets of 15 sec.	3 sets of 15 sec.	3 sets of 15 sec.	3 sets 20 sec. each	1/4 mile (1-lap)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 20 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 5	3 sets of 15 sec.	3 sets of 15 sec.	3 sets of 15 sec.	3 sets 20 sec. each	1/4 mile (1-lap)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 5	3 sets of 15 sec.	3 sets of 15 sec.	3 sets of 15 sec.	3 sets 20 sec. each	1/4 mile (1-lap)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 20 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 5	3 sets of 15 sec.	3 sets of 15 sec.	3 sets of 15 sec.	3 sets 20 sec. each	1/4 mile (1-lap)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 20 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 1
FITNESS REGIMEN

Day	Dynamic Stretch Active Plank	Dynamic Stretch Butt Kickers	Dynamic Stretch Carioca with Knee Drive	Dynamic Stretch 8 count Body Builders	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Core Strength Oblique Heel Touches	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 8	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1/2 mile (2-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 8	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1/2 mile (2-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 8	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1/2 mile (2-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 8	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1/2 mile (2-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 2
FITNESS REGIMEN

Day	Dynamic Stretch Active Plank	Dynamic Stretch Butt Kickers	Dynamic Stretch 8 count Body Builders	Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Core Strength Oblique Heel Touches	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 10	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 15					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 10	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 10	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 15					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 10	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets 30 sec. each	1-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 3
FITNESS REGIMEN

Day	Dynamic Stretch Active Plank	Dynamic Stretch Butt Kickers	Dynamic Stretch 8 count Body Builders	Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	1.5-miles (6-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 25					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	1.5-miles (6-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	1.5-miles (6-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 25					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 sec. each	3 sets 20 sec. each	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	1.5-miles (6-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 4
FITNESS REGIMEN / TESTING WEEK

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Frankenstein	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Knee to Elbow Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Self-Test	2 sets 20 reps (10 each side)	2 sets 20 reps (10 each side)	2 sets of 12	Standard Push-Ups Max in 2-minutes	Bent Knee Sit-Ups in 2-minutes			Pull-Ups or Flexed Arm Hang Max Effort	Timed 1.0-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
PFT RESULTS				PFT RESULTS	PFT RESULTS			PFT RESULTS	PFT RESULTS					
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds ea.	2 sets 20 seconds ea.
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 5
FITNESS REGIMEN

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Frankenstein	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Knee to Elbow Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 6

FITNESS REGIMEN / TESTING WEEK

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Frankenstein	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Knee to Elbow Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	2 sets of 60 sec.	2 sets of 45 sec.	2 sets of 45 sec.	4 sets 4-10 reps	2.5-miles (10-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	2 sets of 60 sec.	3 sets of 25 sec.	3 sets of 25 sec.	4 sets 4-10 reps	2.5-miles (10-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 12	3 sets of 5 each side	2 sets of 60 sec.	3 sets of 25 sec.	3 sets of 25 sec.	4 sets 4-10 reps	2.5-miles (10-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Self-Test Sat.	2 sets 20 reps (10 each side)	2 sets 20 reps (10 each side)	2 sets of 12	Standard Push-Ups Max in 2-minutes	Bent Knee Sit-Ups in 2-minutes			Pull-Ups or Flexed Arm Hang Max Effort	Timed 1.0-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
PFT RESULTS				PFT RESULTS	PFT RESULTS			PFT RESULTS	PFT RESULTS					
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds ea.
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 7 FITNESS REGIMEN

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Lunge with Power Skip, Height	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Squat Drops	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 8

FITNESS REGIMEN / TESTING WEEK

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Lunge with Power Skip, Height	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Squat Drops	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Self-Test Sat.	2 sets 20 reps (10 each side)	2 sets 20 reps (10 each side)	2 sets of 12	Standard Push-Ups Max in 2-minutes	Bent Knee Sit-Ups in 2-minutes			Pull-Ups or Flexed Arm Hang Max Effort	Timed 1.0-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
PFT RESULTS				PFT RESULTS	PFT RESULTS			PFT RESULTS	PFT RESULTS					
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds e.	2 sets 20 seconds each	2 sets 20 seconds ea.
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 9 FITNESS REGIMEN

Day	Dynamic Stretch Walking Knee Hug	Dynamic Stretch Walking Lunge with Twist & Reach	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Squat Drops	Core Strength Front Planks	Standard Push-Ups	Standard Bent Knee Sit-Ups	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	2 sets of 45 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 10
FITNESS REGIMEN / **TESTING WEEK**

Day	Dynamic Stretch Walking Knee Hug	Dynamic Stretch Walking Lunge with Twist & Reach	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Squat Drops	Core Strength Front Planks	Standard Push-Ups	Standard Bent Knee Sit-Ups	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	2 sets of 45 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 10 reps (5 each side)	3 sets of 12	3 sets of 15	3 sets of 25 sec.	3 sets of 25 reps	3 sets of 25 reps	4 sets 5 reps	3.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Self-Test Sat.	2 sets 20 reps (10 each side)	2 sets 20 reps (10 each side)	2 sets of 12	Standard Push-Ups Max in 2-minutes	Bent Knee Sit-Ups in 2-minutes			Pull-Ups or Flexed Arm Hang Max Effort	Timed 1.0-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
PFT RESULTS				PFT RESULTS	PFT RESULTS			PFT RESULTS	PFT RESULTS					
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUT

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds ea.
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 11
FITNESS REGIMEN

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Frankenstein	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Knee to Elbow Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	3 sets Max Effort	4.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	4.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sat.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

WEEK - 12
FITNESS REGIMEN / **TESTING WEEK**

Day	Dynamic Stretch Fire Hydrants	Dynamic Stretch Frankenstein	Dynamic Stretch 8 count Body Builders	Dynamic Stretch Knee to Elbow Push-Ups	Core Strength Front Planks	Core Strength Right Side Planks	Core Strength Left Side Planks	Pull-Ups Or Flexed Arm Hang	Cardiovascular: Jog set distance without stopping / Walk 20 min. brisk pace	Hydration (Water)	Sleep	2 Fruits And 2 Veggies	2 Protein sources (eggs, chicken, fish, beef, pork)	Carbs ONLY 1 Serving per day (bread, cereal, rice, noodles)
Mon.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	2 sets of 45 sec.	2 sets of 45 sec.	2 sets of 45 sec.	3 sets Max Effort	4.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Tues.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wed.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	2.0-miles (8-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thur.	3 sets 20 reps (10 each side)	3 sets 20 reps (10 each side)	3 sets of 15	3 sets of 5 each side	3 sets of 25 sec.	3 sets of 25 sec.	3 sets of 25 sec.	3 sets Max Effort	4.0-miles (12-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Fri.				2 sets of 20 standard push-ups					Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Self-Test Sat.	2 sets 20 reps (10 each side)	2 sets 20 reps (10 each side)	2 sets of 12	Standard Push-Ups Max in 2-minutes	Bent Knee Sit-Ups in 2-minutes			Pull-Ups or Flexed Arm Hang Max Effort	Timed 1.0-mile (4-laps)	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
PFT RESULTS				PFT RESULTS	PFT RESULTS			PFT RESULTS	PFT RESULTS					
Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Sunday									Walk 30 min. brisk pace	80 ounces	8-9 hours	2 Fruits And 2 Veggies	2 helpings (6-10 oz.)	1 (4-6 oz.) portion per day
Achieved Goal	Yes / No	Yes / No	Yes / No		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Total YES														
Total NO														

PRESCRIBED COOL DOWN AFTER WORKOUTS

Prescribed Stretch	Abdominal Cobra	Calf or Optional Calf	Groin	Hip & Back	Lower Back	Piriformis	Standing Quadriceps	Shoulder & Neck	Supine Hamstring	Supine ITB
Sets & Time	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds each	2 sets 20 seconds ea.	2 sets 20 seconds ea.	2 sets 20 seconds each	2 sets 20 seconds ea.
Monday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Wednesday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Thursday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Saturday Achieved Goal	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No