

Touchstone

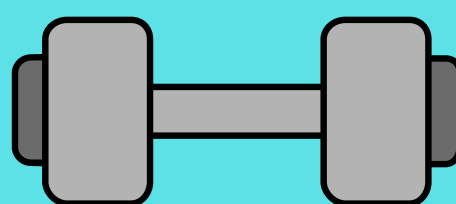


Fitness



Sit-ups

1 MIN. SIT-UPS
1 MIN REST
1 MIN SIT-UPS



Wall Sit

1 MIN WALL SIT
1 MIN REST
1 MIN WALL SIT

Jog

3 MIN JOG
1 MIN REST
3 MIN JOG



Plank

1 MIN PLANK
1 MIN REST
1 MIN PLANK

Push-ups

1 MIN. PUSH-UPS
1 MIN. REST
1 MIN PUSH-UPS








Squat Jumps

1 MIN SQUAT JUMPS
1 MIN REST
1 MIN SQUAT JUMPS

1 MIN REST BETWEEN SETS

Count the # of Repetitions or Breaks

Touchstone Fitness Recording Sheet

	Date:	Date:	Date:	Date:	Date:
Sit ups	# of Repetitions	# of Repetitions	# of Repetitions	# of Repetitions	# of Repetitions
Round 1					
Round 2					
How did it feel? 					
Wall Sit	# of Breaks	# of Breaks	# of Breaks	# of Breaks	# of Breaks
Round 1					
Round 2					
How did it feel? 					
Jog	# of Laps	# of Laps	# of Laps	# of Laps	# of Laps
Round 1					
Round 2					
How did it feel? 					
Plank	# of Breaks	# of Breaks	# of Breaks	# of Breaks	# of Breaks
Round 1					
Round 2					
How did it feel? 					
Push-Ups	# of Reps	# of Reps	# of Reps	# of Reps	# of Reps
Round 1					
Round 2					
How did it feel? 					
Squat Jumps	# of Reps	# of Reps	# of Reps	# of Reps	# of Reps
Round 1					
Round 2					
How did it feel? 