



# FIT TEST

NAME \_\_\_\_\_

		FIRST DAY   LAST DAY
<b>PUSH-UPS</b>	1 minute	
<b>SQUAT TAPS</b>	1 minute	
<b>BICEPS + SHOULDERS</b>	1 minute	
<b>DIPS</b>	1 minute	
<b>PLANK</b>	2-minute attempt	

## NOTES

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PASSION. PATIENCE. PERSISTENCE = EXCELLENCE.