



MONTHLY PROGRESS REPORT

What did you do well last month?

What could you have done better last month?

What are your short term goals for next month?



MONTHLY FITNESS ASSESSMENT

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
1. Overhead squat (movement)						
2. Broad jump (distance)						
3. Max pushups						
4. Wall sit (max time)						
5. Plank (max time)						
6a. Side plank (RIGHT)						
6b. Side plank (LEFT)						
7. 30m sprint (time)						
8. T run (for time)						
9. Sprint repeat 3 x (5, 10m, 15m)						
10. Suicide (or 1km)						