$\qquad$
Community: $\qquad$
Age: Role:

# Athlete 

$\square$ Unified Partner Email: $\qquad$ Week:

## PUSH UPS

What type of push ups did you do?
$\square$ Regular Push Ups
$\square$ Wall Push Ups
Seated Push Ups
$\square$ Knee Push Ups

Record the number of push ups you were able to do in 1 minute for at least 5 days of the week.
MON TUES WED THURS FRI SAT SUN

## SQUATS

## What type of squats did you do?

Regular Squats

$\square$Chair Squats

$\square$ Seated Leg Raises

Record the number of squats you were able to do in 1 minute for at least 5 days of the week.

## JUMPING JACKS

What type of jumping jacks

## did you do?

$\square$ Regular Jumping Jacks
$\square$ Seated Jumping Jacks

## MON TUES WED THURS FRI SAT SUN

## BOXING

What type of boxing did you do?
Regular Boxing
Seated Boxing
MON TUES WED THURS FRI SAT SUN

CURL UPS
What type of curl ups did you do?
Regular Curl Ups
Double Knee Raises

Record the number of curl ups you were able to do in 1 minute for at least 5 days of the week.

