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| **Date** | **Exercise 1** | **Exercise 2** | **Exercise 3** | **Exercise 4** | **Exercise 5** | **Exercise 6** | **2013 Fitness Challenge Log Sheets**  **Name:** |
| **12/1/13**  ***BEGINS*** |  |  |  |  |  |  |
| **12/2/13** |  |  |  |  |  |  |
| **12/3/13** |  |  |  |  |  |  |
| **12/4/13** |  |  |  |  |  |  |
| **12/5/13** |  |  |  |  |  |  |
| **12/6/13** |  |  |  |  |  |  |
| **12/7/13** |  |  |  |  |  |  |
| **12/8/13** |  |  |  |  |  |  |
| **12/9/13** |  |  |  |  |  |  |
| **12/10/13** |  |  |  |  |  |  |
| **12/11/13** |  |  |  |  |  |  |
| **12/12/13** |  |  |  |  |  |  |
| **12/13/13** |  |  |  |  |  |  |
| **12/14/13** |  |  |  |  |  |  |
| **12/15/13** |  |  |  |  |  |  |
| **12/16/13** |  |  |  |  |  |  |
| **12/17/13** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Date** | **Exercise 1** | **Exercise 2** | **Exercise 3** | **Exercise 4** | **Exercise 5** | **Exercise 6** | **2013 Fitness Challenge Log Sheets**  **Name:** |
| **12/18/13** |  |  |  |  |  |  |
| **12/19/13** |  |  |  |  |  |  |
| **12/20/13** |  |  |  |  |  |  |
| **12/21/13** |  |  |  |  |  |  |
| **12/22/13** |  |  |  |  |  |  |
| **12/23/13** |  |  |  |  |  |  |
| **12/24/13** |  |  |  |  |  |  |
| **12/25/13** |  |  |  |  |  |  |
| **12/26/13** |  |  |  |  |  |  |
| **12/27/13** |  |  |  |  |  |  |
| **12/28/13** |  |  |  |  |  |  |
| **12/29/13** |  |  |  |  |  |  |
| **12/30/13** |  |  |  |  |  |  |
| **12/31/13** |  |  |  |  |  |  |