

TONED BY TURKEY DAY

STRENGTH | CONDITIONING | NUTRITION

It's easy to get festively plump as the weather cools and comfort foods are abundant. Let's enjoy the festivities while getting stronger and better every day!

Each week of November we'll focus on actions to improve our strength, conditioning, and nutrition.

Record starting numbers below and let's see how much we can accomplish as a team!

NAME: _____

ASSESSMENT	NOV 1	NOV 15	NOV 30
Chin up			
Push up			
5 minute swing test (KB size: _____)			
Airdyne Mile			
Weight			
Waist			
Hips			
Thighs			
Arms			