Fitness	START	2nd Week	4th Week	6th Week	8th Week	10th Week	12th Week	Goal	
Nine Minue Run, or									
One Mile Run									
Strength									
Sit-ups									
Push-ups, or									
Pull-ups									
Flexibility									
Reach									
Body									
Right Arm Circum.									
Shoulder Circum.									
Chest Circum.									
Right Thigh									