



NAME: _____

				GOALS:	1 Month:	3 Months:		
SQUATS	Date							
	Reps							
<i>Benchmark: 100 free squats</i>								
				GOALS:	1 Month:	3 Months:		
SQUAT	Date							
	Weight							
<i>Benchmark: 1 x bodyweight squat</i>								
				GOALS:	1 Month:	3 Months:		
PUSH UPS	Date							
	Reps							
<i>Benchmark: 30 pushups</i>								
				GOALS:	1 Month:	3 Months:		
BENCH PRESS	Date							
	Weight							
<i>Benchmark: 1 x bodyweight bench press</i>								
				GOALS:	1 Month:	3 Months:		
ROPE CLIMB	Date							
	Trip							
<i>Benchmark: 20 foot climb, 1 trip</i>								
				GOALS:	1 Month:	3 Months:		
V-UPS	Date							
	Reps							
<i>Benchmark: 30 v-ups</i>								
				GOALS:	1 Month:	3 Months:		
KB SNATCH	Date							
	Reps							
<i>Benchmark: 30 each arm men 24kg women 16kg</i>								
				GOALS:	1 Month:	3 Months:		
400 METER RUN	Date							
	Time							
<i>Benchmark: 1:34 minutes</i>								
				GOALS:	1 Month:	3 Months:		
DEAD LIFT	Date							
	Weight							
<i>Benchmark: 1 1/2 x bodyweight deadlift</i>								
				GOALS:	1 Month:	3 Months:		
MILITARY PRESS	Date							
	Weight							
<i>Benchmark: 1/2 x bodyweight military press</i>								
				GOALS:	1 Month:	3 Months:		
HANDSTAND HOLD	Date							
	Time							
<i>Benchmark: 1 minute handstand hold</i>								
				GOALS:	1 Month:	3 Months:		
POWER CLEAN	Date							
	Weight							
<i>Benchmark: 3/4 x bodyweight power clean</i>								
				GOALS:	1 Month:	3 Months:		
KNEES TO ELBOWS	Date							
	Reps							
<i>Benchmark: 15 hanging knees to elbows</i>								

			GOALS:		1 Month:	3 Months:		
THRUSTERS	Date							
	Reps							
<i>Benchmark: 45 1/2 x bodyweight thrusters</i>								
			GOALS:		1 Month:	3 Months:		
800 METER RUN	Date							
	Time							
<i>Benchmark: 3:20 minutes</i>								
			GOALS:		1 Month:	3 Months:		
500 METER ROW	Date							
	Time							
<i>Benchmark: women 2:00 men 1:45</i>								
			GOALS:		1 Month:	3 Months:		
VERTICAL JUMP	Date							
	Height							
<i>Benchmark: 18 inches</i>								
			GOALS:		1 Month:	3 Months:		
DIPS	Date							
	Reps							
<i>Benchmark: 20 dips</i>								
			GOALS:		1 Month:	3 Months:		
DIP	Date							
	Reps							
<i>Benchmark: 1 dip with 1/3 x bodyweight</i>								
			GOALS:		1 Month:	3 Months:		
PULL UPS	Date							
	Reps							
<i>Benchmark: 20 pull ups</i>								
			GOALS:		1 Month:	3 Months:		
PULL UP	Date							
	Weight							
<i>Benchmark: 1 with 1/3 x bodyweight</i>								
			GOALS:		1 Month:	3 Months:		
MUSCLE UP	Date							
	Reps							
<i>Benchmark: 1</i>								
			GOALS:		1 Month:	3 Months:		
L-SIT	Date							
	Time							
<i>Benchmark: 30 second L-sit</i>								
			GOALS:		1 Month:	3 Months:		
2000 METER ROW	Date							
	Time							
<i>Benchmark: women 8:50 men 7:30</i>								
			GOALS:		1 Month:	3 Months:		
POWER SNATCH	Date							
	Reps							
<i>Benchmark: 1/2 x bodyweight power snatch</i>								
			GOALS:		1 Month:	3 Months:		
HELEN	Date							
	Time							
<i>Benchmark: 11:30 minutes</i>								
<i>Description: 3 rounds for time - 400m run, 21 kb swings, 12 pullups</i>								
			GOALS:		1 Month:	3 Months:		
1 MILE RUN	Date							
	Time							
<i>Benchmark: 7 minutes</i>								