

Calotren[®] Fitness Goals

month _____, year _____

My fitness goals for this month:

Walking Running Yoga Weights _____

My favorite workout is _____

My least favorite workout is _____

I am doing well with _____

I am struggling with _____

My workout days are Sun. M t W th f Sat.

My rest days are Sun. M t W th f Sat.

60 Second Fitness Test

How many of each exercise can you do in 60 seconds?

	Day 1	Day 30
Sit-ups	_____	_____
Push-ups	_____	_____
Jumping Jacks	_____	_____
Burpees	_____	_____

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for more inspiration
and support!**

Calotren[®]
www.toploss.com