

Name: _____

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| Week 6 | | | | | | | | | | |
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| Week 7 | | | | | | | | | | |
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| Week 8 | | | | | | | | | | |
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| Week 9 | | | | | | | | | | |
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| Week 10 | | | | | | | | | | |
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| Week 11 | | | | | | | | | | |
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| Week 12 | | | | | | | | | | |
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Final Fitness Test Results:

Mile Time: _____ Sit Ups (in 60 sec.): _____ Push Ups (in 60 sec.): _____ Pull Ups (in 60 sec.): _____ Sit & Reach: _____