

Fitness Improvement Plan Month: Example

Changes	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Evaluation	
Week 1:	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min cycling, 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min cycling, 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min cycling, 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min cycling, 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>			Walking was easy to do with my dog, so I think I can do more next week. My arms are sore from push-ups
I can definitely do more walking	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 30 min walk 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 30 min walk 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 30 min walk 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 30 min walk 3 sets of 5 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 15 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		I still feel like I have a lot of energy after walking and my arms are not as sore this week from push-ups	
I want to alternate walking and jogging. I am going to try to do my push-ups	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min walk, 10 min jog, 3 sets of 8 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 25 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min walk, 10 min jog, 3 sets of 8 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 25 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min walk, 10 min jog, 3 sets of 8 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 25 sec quadriceps stretches shoulder stretches, hamstring stretches</p>	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 20 min walk, 10 min jog, 3 sets of 8 push-ups, sit-ups</p> <p>Cool Down: 2 sets of 25 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		This week made me realize that I need to drink more water, especially when jogging outside.	
I need to stretch more and I want to change my strength exercises	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 15 min walk, 15 min jog, 3 sets of 8 chair dips, toe touches</p> <p>Cool Down: 2 sets of 40 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 15 min walk, 15 min jog, 3 sets of 8 chair dips, toe touches</p> <p>Cool Down: 2 sets of 40 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 15 min walk, 15 min jog, 3 sets of 8 chair dips, toe touches</p> <p>Cool Down: 2 sets of 40 sec quadriceps stretches shoulder stretches, hamstring stretches</p>	<p>Warm Up: 10 min walk, Frankensteins, Arm circles</p> <p>Workout: 15 min walk, 15 min jog, 3 sets of 8 chair dips, toe touches</p> <p>Cool Down: 2 sets of 40 sec quadriceps stretches shoulder stretches, hamstring stretches</p>		Wow, I worked out a lot this week! Working out on Saturday was hard mid way through, so I think I will keep the same workout for next week	

