Name	
Troop	
<b>Nate Started</b>	

## Personal Fitness



## **12 Week Physical Fitness Program**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	,	,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				
1							
2							
3							
4							
5							
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7							
8							
9							
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10							
11							
12							

