

NAME: _____

		GOALS:	1 Month:	3 Months:
PISTOLS	Date			
	Reps			
<i>Benchmark: 10 each leg</i>				
		GOALS:	1 Month:	3 Months:
SQUAT	Date			
	Weight			
<i>Benchmark: 1 1/2 x bodyweight squat</i>				
		GOALS:	1 Month:	3 Months:
PUSH UPS	Date			
	Reps			
<i>Benchmark: 40 ring pushups</i>				
		GOALS:	1 Month:	3 Months:
BENCH PRESS	Date			
	Weight			
<i>Benchmark: 1 1/4 x bodyweight bench press</i>				
		GOALS:	1 Month:	3 Months:
ROPE CLIMB	Date			
	Trip			
<i>Benchmark: 20 foot climb, 1 trip, no feet</i>				
		GOALS:	1 Month:	3 Months:
OVERHEAD SQUAT	Date			
	Weight			
<i>Benchmark: 1 x bodyweight overhead squat</i>				
		GOALS:	1 Month:	3 Months:
KB SNATCH	Date			
	Reps			
<i>Benchmark: 10 minute snatch test, 200 reps, men 24kg women 16kg</i>				
		GOALS:	1 Month:	3 Months:
400 METER RUN	Date			
	Time			
<i>Benchmark: 1:19 minutes</i>				
		GOALS:	1 Month:	3 Months:
DEAD LIFT	Date			
	Weight			
<i>Benchmark: 2 x bodyweight deadlift</i>				
		GOALS:	1 Month:	3 Months:
MILITARY PRESS	Date			
	Weight			
<i>Benchmark: 3/4 x bodyweight military press</i>				
		GOALS:	1 Month:	3 Months:
HANDSTAND PUSH UP	Date			
	Time			
<i>Benchmark: 10 handstand push ups</i>				
		GOALS:	1 Month:	3 Months:
CLEAN	Date			
	Weight			
<i>Benchmark: 1 x bodyweight clean</i>				
		GOALS:	1 Month:	3 Months:
HANGING STRAIGHT LEG RAISE	Date			
	Reps			
<i>Benchmark: 20 hanging straight leg raises</i>				
		GOALS:	1 Month:	3 Months:

		GOALS:	1 Month:	3 Months:
SANDBAG CARRY	Date Reps			
<i>Benchmark: 1 mile sandbag carry with 1/2 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
800 METER RUN	Date Time			
<i>Benchmark: 2:50 minutes</i>				
		GOALS:	1 Month:	3 Months:
500 METER ROW	Date Time			
<i>Benchmark: women 1:50 men 1:32</i>				
		GOALS:	1 Month:	3 Months:
VERTICAL JUMP	Date Height			
<i>Benchmark: 25 inches</i>				
		GOALS:	1 Month:	3 Months:
DIPS	Date Reps			
<i>Benchmark: 30 ring dips</i>				
		GOALS:	1 Month:	3 Months:
DIP	Date Reps			
<i>Benchmark: 1 dip with 3/4 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
PULL UPS	Date Reps			
<i>Benchmark: 40 pull ups</i>				
		GOALS:	1 Month:	3 Months:
PULL UP	Date Weight			
<i>Benchmark: 1 with 3/4 x bodyweight</i>				
		GOALS:	1 Month:	3 Months:
MUSCLE UP	Date Reps			
<i>Benchmark: 10</i>				
		GOALS:	1 Month:	3 Months:
L-SIT	Date Time			
<i>Benchmark: 1 minute L-sit</i>				
		GOALS:	1 Month:	3 Months:
ROW	Date Time			
<i>Benchmark: 5k row for women at 21:00, 6k row for men at 21:45</i>				
		GOALS:	1 Month:	3 Months:
SNATCH	Date Reps			
<i>Benchmark: 1 x bodyweight snatch</i>				
		GOALS:	1 Month:	3 Months:
CHELSEA	Date Reps			
<i>Benchmark: 30 minutes</i>				
<i>Description: every minute on the minute for 30 minutes- 5 pull ups, 10 push ups, 15 squats</i>				
		GOALS:	1 Month:	3 Months:
1 MILE RUN	Date Time			
<i>Benchmark: 6 minutes</i>				