

PERSONAL FITNESS MERIT BADGE

NAME _____

	Week 1 (1 set)			Week 2 (2 sets)			Week 3 (3 sets)			Week 4 (3 sets)			Week 5 (3 sets)		
DATE:															
Legs-1															
Legs-2															
Legs-3															
Legs-4															
Chest-1															
Chest-2															
Back-1															
Back-2															
Shoulders-1															
Shoulders-2															
Biceps															
Triceps															
Abs															
AEROBIC															