Day 1-30 Monday, Wed, Friday do 20 pushups and 20 situps (2 sets of 10 if needed)

Day 31-90 Mon/Wed/Fri do 25-30 pushups and 25-30 situps (break 3 sets if needed)
and be active 30 minutes per day 5 days out of 7 per week

Tuesday and Thursday run at least 1/2 mile for first 30 days then increase to .75-1 mile at day 31-completion.

Date	Pushups	Situps	Run/Walk	Sit and Reach	Other (Bike/Swim/Hike/etc.)	Total Active Time
4/17/2019						
4/18/2019						
4/19/2019						
4/20/2019						
4/21/2019						
4/22/2019						
4/23/2019						
4/24/2019						
4/25/2019						
4/26/2019						
4/27/2019						
4/28/2019						
4/29/2019						
4/30/2019						
5/1/2019						
5/2/2019						
5/3/2019						
5/4/2019						
5/5/2019						
5/6/2019						
5/7/2019						
5/8/2019						
5/9/2019						
5/10/2019						
5/11/2019						
5/12/2019						

5/13/2019						
5/14/2019						
5/15/2019						
5/16/2019 (Tenderfoot done)						
5/17/2019						
5/18/2019						
5/19/2019						
5/20/2019						
5/21/2019						
5/22/2019						
5/23/2019						
5/24/2019						
5/25/2019						
5/26/2019						
5/27/2019						
5/28/2019						
5/29/2019						
5/30/2019						
5/31/2019						
6/1/2019						
6/2/2019						
6/3/2019						
6/4/2019						
6/5/2019						
6/6/2019						
6/7/2019						
6/8/2019						
6/9/2019						
6/10/2019						
6/11/2019						
6/12/2019						

6/13/2019 2nd Class done						
6/14/2019						
6/15/2019						
6/16/2019						
6/17/2019						
6/18/2019						
6/19/2019						
6/20/2019						
6/21/2019						
6/22/2019						
6/23/2019						
6/24/2019						
6/25/2019						
6/26/2019						
6/27/2019						
6/28/2019						
6/29/2019						
6/30/2019						
7/1/2019						
7/2/2019						
7/3/2019						
7/4/2019						
7/5/2019						
7/6/2019						
7/7/2019						
7/8/2019						
7/9/2019						
7/10/2019						
7/11/2019 1st Class Done						
7/12/2019						

7/13/2019						
7/14/2019						
7/15/2019 MB done						