



Name:	
Age:	
Weight:	

Please ✓ when your child has completed a home workout

Week commencing	Day 1	Day 2	Day 3
1			
2			
3			
4			
Rest			
1			
2			
3			
4			
Rest			
1			
2			
3			
4			
Rest			

Fitness test date	Max Jump	Squats 3 mins	push ups 1min	shuttles 3min	max plank
1					
2					
3					
4					