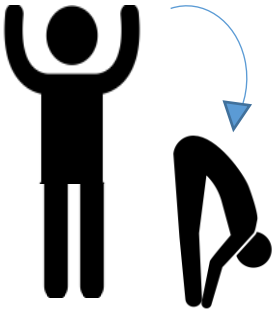




Athlete Recording Sheet

Use this sheet to keep track of the number of repetitions for each exercise. To avoid confusion, we recommend counting 10 repetitions and marking a tally, then restart counting. In this case, each tally mark will represent 10 repetitions.

	Limitation 0 (# of repetitions)	Limitation 1 (# of repetitions)	Limitation 2 (# of repetitions)
<p>Exercise 1</p>  <p>Toe Touches</p>			
<p>Exercise 2</p>  <p>Sit-ups</p>			
<p>Exercise 3</p>  <p>Jumping Jacks</p>			

