

At Home Fitness Challenge

Exercise	12/1	12/3	12/8	12/10	12/15	12/17	12/22	12/24	12/29	12/31	Total
Push											
Ups											
Pull											
Ups											
D. I											
Body Weight											
Weight											
Squats											
Crunches											
Cruncites											
Running/											
Walking											
0											