

**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)		
<b>DATE:</b>															
<b>Legs-1</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Legs-2</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Legs-3</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Legs-4</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Chest-1</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Chest-2</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Back-1</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Back-2</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Shoulders-1</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Shoulders-2</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Biceps</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Triceps</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>Abs</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
<b>AEROBIC</b>	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/