

**Personal Fitness PLAN / LOG -- Requirements 7, 8**

SCOUT NAME / PATROL

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

*Print 1 copy for 12 weeks*