

Athlete Activity Pin - #4, 5, 6 & 7
Physical Fitness Beltloop - #3

Start Date: Oct 5, 2009
End Date: Nov 2, 2009

Start Date: Oct 19, 2009

	Justin Woodstock	Jake Reyes	Andrey Tregulov	Kellen Cheng	Adolfo Felix	Kayle Kadir	Andres Flaker	Andre McLeod	Myles Petersen	Matthew Dela Torre	Elijah Crite	Josue Salazar	Connor Suglia
1.	During these exercises, TRY YOUR BEST.												
1.	Stretching & Warm-Up Activities												
	Y	Y		Y	Y		Y	Y	Y	Y	Y	Y	
2.	Have another person hold your feet down while you do curl-ups.												
	12	22		16	6		27	28	7	20	30	19	
	30-day	20	27	35	25		100	50	24	29	80	21	
	Improvement?	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	
3.	Do pull-ups from a bar.												
	0	0		0	0		0	0	0	0	8	0	
	30-day										10		
	Improvement?										Y		
4.	Do push-ups from the ground, with your knees up.												
	11	2		14	8		20	7	15	3	30	7	
	30-day	13		20			21	8	18				
	Improvement?	Y		Y			Y	Y	Y				
5.	Do a standing long jump (best of 3).												
	51.5in	50in		56in	46in		54.5in	42.5in	62in	50in	79in	50.5in	
	30-day		53.5	57in	50in		56in	44.5	64in				
	Improvement?		Y	Y	Y		Y	Y	Y				
6.	Do a vertical jump (best of 3).												
	72in	82.25in		75.5in	72		81in	76.25in	87.5in	79in	86in	74in	
	30-day	77.5in	84in	76in						80in	87.5in	75in	
	Improvement?	Y	Y	Y						Y	Y	Y	
7.	Do a quarter mile run and/or walk.												
	3:05	2:25		2:42	2:41		1:58	3:05	2:36	3:05	1:36	2:25	
	30-day	2:25		2:15				2:54				2:20	
	Improvement?	Y		Y				Y				Y	
8.	Do a 50-yard dash.												
	11.14	11.99		11.36	12.62		10s	12.06	12s	13s	8.00s	12.19	
	30-day						9.52		10.85		7.00		
	Improvement?						Y		Y		Y		