

# ACTIVITY TRACKER

BETTER US  
CHALLENGE

RECONNECT

Visit our website for group exercise class schedules, challenge activities, recipes, and additional healthy living resources.

[ymcafcf.org/betterus](http://ymcafcf.org/betterus)

## Exercise Measurements (Based on Presidential Fitness Test)

Activity	Start of Challenge	End of Challenge
Sit-ups (timed for 1 minute)		
Push-ups (timed for 1 minute)		
1-mile run/walk		
Flexibility*		

*\*Able to reach your knees, ankles, toes, or touch the ground*

SUN	MON	TUE	WED	THU	FRI	SAT
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