ACTIVE EP – A@H TRACKING SHEET

Days/Difficult

PROGRAM	MON	TUES	WED	THURS	FRI	SAT	SUN
Upper Body 1 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Upper Body 2 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Core/Pilates 1 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Core/Pilates 2 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Lower Body 1 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Lower Body 2 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Walking/Balance 1 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Walking/Balance 2 Difficulty Additions	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____
Questions/ Technique Queries	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____	☐ 1 2 3 4 5 _____