

Drop 5 First

Daily Workout, Recipes, Tips, Fundamental Skills, Facts, Worksheets and Everything you need to lose the first 5 pounds



Sometimes You Just
Need To Kick Start
Weight Loss

FLIT TEST

This test is designed to track your progress from the start of the program to finish.

You simply need to count the number of times you complete each exercise in one minute and record it next to the appropriate blank space. If you cannot complete an exercise for the entire minute, just do as many as you can do (even if it's only 1) and write

	STARTING POINT Date: _____	End of Week 1 Date: _____	End of Week 2 Date: _____	End of Week 3 Date: _____	End of Week 4 Date: _____
JUMPING JACKS					
SIT-UPS					
BURPEES (SQUAT THRUST)					
MOUNTAIN CLIMBERS					
PUSH-UPS					
Flexibility Test Which were you able to touch comfortably? The floor, toes, ankle, calves, or knees					