

**INSANITY****THE ASYLUM**

Measurements	Insanity Asylum Milestone	Day 1	Day 15	Day 30
	Date			
	Body Fat			
	Weight			
	BMI			
	Chest			
	Waist			
	Hips			
	Right Thigh			
	Left Thigh			
	Right Arm			
	Left Arm			

Athletic Performance Assessment	Insanity Asylum Milestone	Day 1	Day 15	Day 30
	Date			
	Agility Heisman			
	In & Out Ab Progression			
	Pull-Ups / Push-Ups			
	Mountain Climber Switch Kicks			
	Agility Shoulder Taps			
	X Jumps			
	Moving Push-Ups			
	Agility Lateral Shuffle			
	Agility Bear Crawl			

Worksheets Completed by:

Mike Roberts

TeamRightNow.com

TeamRightNow@gmail.com

