



P90X2 Milestone		Day 1	Day 28	Day 56	Day 90
Measurements	Date				
	Body Fat				
	Weight				
	BMI				
	Chest				
	Waist				
	Hips				
	Right Thigh				
	Left Thigh				
	Right Arm				
	Left Arm				

P90X2 Milestone		Day 1	Day 28	Day 56	Day 90
Fit Test	Date				
	Resting Heart Rate				
	Pull-Ups				
	Vertical Leap				
	1) Stand & Arm Raise				
	2) Lower Arm, One Step Back & Jump				
	Subtract 1 from 2				
	Push-Ups				
	Toe Touch (Flexibility Test)				
	Wall Squat				
	Bicep Curls				
	In And Outs				
	Heart Rate Maximizer				
	- Step 2 (Immediately After)				
	- Step 3 (1 Minute)				
	- Step 4 (2 Minutes)				
	- Step 5 (3 Minutes)				
	- Step 6 (4 Minutes)				

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

