



Measurements	Insanity Milestone	Day 1	Day 28	Day 63
	Date			
	Body Fat (Jackson/Pollock 3 Caliper Method) Go to: http://www.linear-software.com/online.html	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____
	Weight			
	BMI			
	Chest			
	Waist			
	Hips			
	Right Thigh			
	Left Thigh			
	Right Arm			
	Left Arm			

Fit Test	Insanity Milestone	Day 1	Day 15	Day 36	Day 50	Day 63
	Date					
	1. Switch Kicks					
	2. Power Jacks					
	3. Power Knees					
	4. Power Jumps					
	5. Globe Jumps					
	6. Suicide Jumps					
	7. Push-Up Jacks					
	8. Low Plank Oblique					

1. SWITCH KICKS 2 KICKS = 1 REP		2. POWER JACKS 		3. POWER KNEES 		4. POWER JUMPS 	
5. GLOBE JUMPS 4 JUMPS = 1 REP		6. SUICIDE JUMPS 		7. PUSH-UP JACKS 		8. LOW PLANK OBLIQUE 	

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

