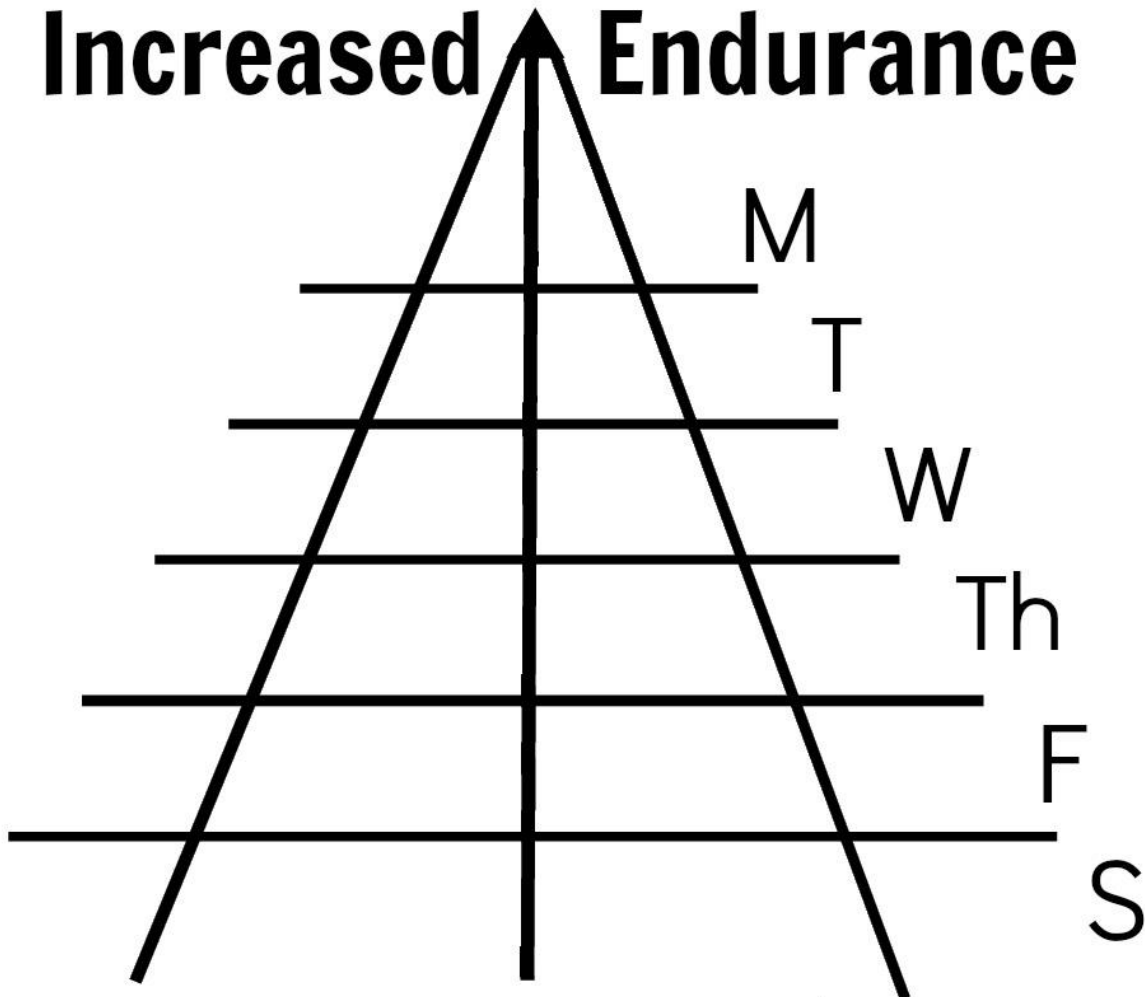


Record Daily Gains for Increased Endurance



Starting on Monday, at the top of the pyramid, write in your numbers for the exercises you complete or the amount of time you run, etc.

Each consecutive day write in the numbers that you were able to increase your workout.

*Sunday is a rest day.