Athlete Exercise Tracking Chart

Scout Name	Exercises									
		Curl-ups	Pull-ups	Push-ups	Long Jump	1/4 Mile Run	Vertical Jump	50-yard Run	Bike Ride	1/4 Mile Swim
Andrew	Start	39	11	50	71.5”	1.40m	77”	5.40s		
	End	40	15	50	85”	1.39m	78”	5.19s		
David	Start	18	1	3	49.5”	2.14m	78”	6.99s		
	End	20	1	3	67”	2.09m	78”	6.13s		
James	Start	33	9	20	60.5”	1.43m	85”	6.35s		
	End	39	13	20	75”	1.41m	85”	6.08s		
Grant	Start	37	1	40	71.5”	3.24m	82”	7.28s		
	End	40	1	41	78”	2.5m	82”	6.7s		
Dakota	Start									
	End									
Sam	Start	14	2	7	55”	1.54m	77”	6.59s		
	End	14	2	9	69”	1.54m	78”	6.3s		
Brian	Start	27	1	12	60.5”	2.05m	83”	6.20s		
	End	27	1	12	73”	2.04m	83”	5.76s		
Jordan	Start	20	1	2	60.5”	2.38m	80”	6.50s		
	End	20	1	2	71”	2.38m	80”	6.45s		
Joseph	Start	14	1	1	44”	2.19m	66”	7.63s		
	End	14	1	1	56”	2.12m	69”	6.50s		
Jacob	Start	43	0	2	71”	2.43m	85”	7.05s		
	End									
Jeremy	Start	10	1	1	49.5”	3.58m	88”	7.91s		
	End	10	1	1	65”		88”			
Chase	Start	10	3	44	108”	1.55m	80”	6.51s		
	End									