



**Mound Westonka
Fitness Challenge Evaluation Sheet**

Player name:

Grade:

Fitness Challenges		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Body Weight Squat (10 reps)	Week 1								Week 2								
Forward Lunge (R&L leg) (10 reps)	Week 1								Week 2								
Step and Jump off of 2 feet (10 reps)	Week 1								Week 2								
Burpees (10 reps)	Week 1								Week 2								
Situp/Crunches (20 reps)	Week 1								Week 2								
Push Ups (15 reps)	Week 1								Week 2								
Skills Challenges																	
Lay on Back and Shoot Ball (20 reps)	Week 1								Week 2								
Round Dribble to Palm Ball (20 reps/hand)	Week 1								Week 2								
Crossover dribble (20 reps/hand)	Week 1								Week 2								
Parent Sign off (Initials)	Week 1								Week 2								



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Fitness Challenges		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
<i>Body Weight Squat (10 reps)</i>	Week 3								Week 4								
<i>Forward Lunge (R&L leg) (10 reps)</i>	Week 3								Week 4								
<i>Step and Jump off of 2 feet (10 reps)</i>	Week 3								Week 4								
<i>Burpees (5-10 reps)</i>	Week 3								Week 4								
<i>Situp/Crunches (20 reps)</i>	Week 3								Week 4								
<i>Push Ups (15 reps)</i>	Week 3								Week 4								
Skills Challenges																	
<i>Lay on Back and Shoot Ball (20 reps)</i>	Week 3								Week 4								
<i>Mound Dribble to Palm Ball (20 reps/hand)</i>	Week 3								Week 4								
<i>Crossover dribble (20 reps/hand)</i>	Week 3								Week 4								