Sokol Fitness Tots/Boys and Girls Tracking Chart

	Warm-Up (3 min)			**Stretching** (3 min)			**Arms Strength/Toning** (3 min)			**Legs Strength/Toning (3 min)**		
Date	**1**	**2**	**3**	**1**	**2**	**3**	**1**	**2**	**3**	**1**	**2**	**3**
	Core Strength/Toning (3 min)			**Cardio** (3 min)			**Cool-Down** (2 min)					
Date	**1**	**2**	**3**	**1**	**2**	**3**	**1**	**2**	**3**			

Sokol Fitness Juniors/Mens and Womens Tracking Chart

	Warm-Up with Music (5 min)					**Stretching** (10 min)					**Arms Strength/Toning** (10 min)				
Date	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

	Legs Strength/Toning (10 min)					**Core Strength/Toning** (15 min)					**Cardio** (15 min)				
Date	**1**	**2**	**3**	**4**	**5**	**1**	**2**	**3**	**4**	**5**	**1**	**2**	**3**	**4**	**5**

Sokol Fitness Juniors/Mens and Womens Tracking Chart

	Cool-Down/Stretching (10 min)														
Date	**1**	**2**	**3**	**4**	**5**										