

7"-10" window size

800x600 - 1000x600

Initial Eval

Height _____ Weight _____

Sit ups _____ / max

Push ups _____ / max

Run _____ / _____
distance time

Initial Eval

BMI: #

BMI Evaluation

Recommendations for the week

Situps $\text{current max} + \text{random number}$

Push ups $\text{current max} + \text{random number}$

Daily Tracker Show weight, BMI, and target BMI range
↓ ↓ Evals

Date	Daily	Weekly Eval	Calendar
Situps	_____	best set _____	Goal _____
Push ups	_____	best set _____	Goal _____
Run	_____ / _____		
	distance	time	
Stop watch		Timer	
Start	Reset	Start	Reset
Save		Save	

Date	Daily	W. Eval	Calendar	
Situps	_____	Goal _____	A 1 2 3 4	
Push ups	_____	Goal _____		
Run	distance / time			

Date	Daily	W. Eval	Calendar			
Su	Mo	Tu	We	Th	Fr	Sa

click on day
brings up results
for that day

results show
up under
calendar