

# Young Marine Fitness Plan and Tracking Sheet

## TO OBTAIN THE RANK OF YM LANCE CORPORAL

YM Name \_\_\_\_\_ Date \_\_\_\_\_

Evaluator \_\_\_\_\_

Goal: \_\_\_\_\_

Exercises that will help me reach this goal:

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### My Fitness Plan

Warm Up:

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Exercises:

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Cool Down:

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Exercise	# of Reps	# of Sets