

## 2021 WFC Improvement Tracking

### Competitor One

Week	Challenge	Modification/Notes	Start	End
1	Plank Hold			
2	1/4 Mile Fitness Trail Loop			
3	Squats			
4	Basketball shots in the key			
5	Sit ups			
6	Fish Game on the Rower			
7	Jumping Jacks			
8	Recumbent Bike			
9	Treadmill			
10	Plank jacks			

### Competitor Two

Week	Challenge	Modification/Notes	Start	End
1	Plank Hold			
2	1/4 Mile Fitness Trail Loop			
3	Squats			
4	Basketball shots in the key			
5	Sit ups			
6	Fish Game on the Rower			
7	Jumping Jacks			
8	Recumbent Bike			
9	Treadmill			
10	Plank jacks			