



MMM Fitness Journal – One Focus Area

Baseline • Focus • Weekly Check-In

Fitness Marker	Baseline (Date & Result)	Fitness Marker	Baseline (Date & Result)
Grip Strength		Sit-to-Stand	
Farmer's Carry		Single Leg Sit -to-Stand	
Balance & Stability		Floor-to-Stand (Adv)	
Push-up Strength		Plank Test	
1 Mile Walk Test		VO2 Max	

My focus area this week (circle one): Strength / Balance / Mobility / Stamina

What I actually did:

How I feel (energy, strength, mood):



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