

PT Performance Chart						
	PUSH-UPS (in 1 minute)	PULL-UPS	SIT-UPS (in 1 minute)	1.5 MILE	3 MILE	5 MILE
JAN						
FEB						
MAR						
APR						
2010 Base Records						
	C. TAGGART	C. TAGGART	D. QUINONES	N. SAILER	M. HEINTZ	N. SAILER
	65	24	60	8:51	17:20	32:08

Please fill out the PT Performance Chart above with your best numbers/times from each month. You will be contacted throughout the period shown above to discuss your progress. Your goal for the end of April should be to beat the 2010 Base Records.

Workout routines and diet plans can be found on our website. If there are any questions or you need help, feel free to contact us early so that you can be on track with the rest of us by May. Falling short of the minimums is unacceptable - you have plenty of time to get in shape. Get a good pair of running shoes, start early, and we will see you in the spring.

Siskiyou PT Contacts

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