



FAB STUNT TRACKER

Foundations

Name of Athlete: _____ Term: _____

Team Name: _____

Class Coach _____

Skill List	weak	Fair	Excellent	Goals	
Elbow Plank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Straight Arm Plank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
20 Squat jumps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
20 Lunges both sides	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
1 Min Wall sit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
25 Shoulder Shrugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
40 Calf Raises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10 Push-ups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10 Tricep Push ups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Coache's Comments and Feedback:	
20 sit ups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10 Burpees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10 Hamstring Bridges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
20 Side lunges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
25 Mountain Climbers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
20 Jumping Jacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		