Follow the fitness tracker every day. Once you complete your daily workout put a big X over the workout you just finished and post a photo of your workout to our SOHI Stay Fit Facebook group. Once you have completed the 4-week program, post a copy of your completed tracker on our Facebook group with your first name and delegation.

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td><strong>School of Strength</strong>&lt;br&gt;Warm up, endurance, strength, &amp; balance</td>
<td>Walk 30 minutes</td>
<td><strong>3-2-1 Workout</strong></td>
<td>Rest</td>
<td><strong>Fit 5</strong>&lt;br&gt;Endurance, Flexibility, &amp; Strength Level 1</td>
<td>Walk 30 minutes</td>
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<tr>
<td>Rest</td>
<td><strong>School of Strength</strong>&lt;br&gt;Warm up, endurance, strength, &amp; balance</td>
<td>Walk 30 minutes</td>
<td><strong>3-2-1 Workout</strong></td>
<td>Rest</td>
<td><strong>Fit 5</strong>&lt;br&gt;Endurance, Flexibility, &amp; Strength Level 2</td>
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<tr>
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<td>Walk 30 minutes</td>
<td><strong>3-2-1 Workout</strong></td>
<td>Rest</td>
<td><strong>Fit 5</strong>&lt;br&gt;Endurance, Flexibility, &amp; Strength Level 3</td>
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<tr>
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<td>Walk 30 minutes</td>
<td><strong>3-2-1 Workout</strong></td>
<td>Rest</td>
<td><strong>Fit 5</strong>&lt;br&gt;Endurance, Flexibility, &amp; Strength Level 4</td>
<td>Walk 30 minutes</td>
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