

THE 56-DAY TRACKER

One sheet for the whole program. Put it somewhere you cannot avoid it.

TICK

You did the session. Shortened counts.
Modified counts.

EFFORT

E easy – a full conversation · **W** working – short sentences, and would
rather not · **H** hard – a few words at a time

BAD DAY

A slept badly · **B** something aches · **C** no time. Leave all three blank
on an ordinary day.

WEEK 1 · FOUNDATION					Days 1–7 · form, not effort
1	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
2	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
3	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
4	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
5	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
6	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
7	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	
This week –					
Something that got easier –					

WEEK 2 · BUILD					Days 8–14 · lower surfaces
8	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
9	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
10	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
11	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
12	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
13	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
● 14	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	Retest – page 86
This week –					
Something that got easier –					

WEEK 3 · STRENGTH					Days 15–21 · slower, longer rest
15	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
16	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
17	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
18	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
19	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
20	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
21	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	
This week –					
Something that got easier –					

WEEK 4 · PROVE IT					Days 22–28 · test before you train
22	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
23	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
24	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
25	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
26	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
27	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
● 28	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	Retest – page 86
This week –					
Something that got easier –					

WEEK 5 · LEVEL UP					Days 29–35 · the variable: the version
29	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
30	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
31	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
32	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
33	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
34	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
35	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	
This week –					
Something that got easier –					

WEEK 6 · DENSITY					Days 36–42 · the variable: the rest
36	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
37	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
38	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
39	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
40	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
41	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
42	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	
This week –					
Something that got easier –					

WEEK 7 · PEAK					Days 43–49 · the variable: tempo
43	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
44	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
45	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
46	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
47	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
48	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
49	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	
This week –					
Something that got easier –					

WEEK 8 · PROVE IT AGAIN					Days 50–56 · the variable: nothing
50	PUSH + CORE	☐	☐ ☐ ☐	☐ ☐ ☐	
51	LOWER BODY	☐	☐ ☐ ☐	☐ ☐ ☐	
52	CONDITIONING	☐	☐ ☐ ☐	☐ ☐ ☐	
53	PULL + POSTURE	☐	☐ ☐ ☐	☐ ☐ ☐	
54	CORE + FLOOR	☐	☐ ☐ ☐	☐ ☐ ☐	
55	FULL CIRCUIT	☐	☐ ☐ ☐	☐ ☐ ☐	
● 56	RECOVERY	☐	☐ ☐ ☐	☐ ☐ ☐	Retest – page 86
This week –					
Something that got easier –					

A shortened session counts. A modified session counts.

Fifty-six ticks is not the goal – the goal is that there is a next session in the calendar.

Lana Way · Military Calisthenics for Women Over 40 · Your five numbers live on page 86