

Georgetown City Fire Department
Physical Fitness and Wellness Program
Monthly Progress Log

Firefighter

Month

Year

Date	Type of Exercise		Duration Minutes		Supervising Officer	
Pre BP	Pre HR	Post BP	Post HR	Rest BP	Rest HR	
Date	Type of Exercise		Duration Minutes		Supervising Officer	
Pre BP	Pre HR	Post BP	Post HR	Rest BP	Rest HR	
Date	Type of Exercise		Duration Minutes		Supervising Officer	
Pre BP	Pre HR	Post BP	Post HR	Rest BP	Rest HR	
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