



ANNUAL ABILITY CHART TRACKER

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	WHAT I CAN DO JANUARY 1ST	WHAT I CAN DO JUNE 30TH <i>If I don't or can't do this anymore, why?</i>	WHAT I CAN DO DECEMBER 31ST <i>If I don't or can't do this anymore, why?</i>
PHYSICAL Headstand Run 2 miles without stopping Swim 20 minutes continuously Bench press 20 lbs Bicep curl 20 lbs			
COGNITIVE Read a book a week Work full time Memorize a phone number Know directions to commonly frequented locations without using GPS			
SOCIAL I work out with a partner/group once a week I am in a (in-person) book club I play cards/games weekly with friends			