

WORKOUT LOG ASSIGNMENT #9

Track your fitness and strength training progress.

STUDENTS NAME: _____

Mon: START TIME: _____ FINISH TIME: _____

Wed: START TIME: _____ FINISH TIME: _____

Fri: START TIME: _____ FINISH TIME: _____

Parent / Guardian Signature: _____

MONDAY - EXERCISES	REPS / Time
Jogging in place	
Side to Side Shuffle	
Carioca/ Grapevine	
Backpedal Jog	
Relaxation Exercise	

WEDNESDAY - EXERCISES	REPS / Time
Swimming	
Wall Knee to Chest	
Lunge Walk with Twist	
Straight Leg Kick	
Relaxation Exercise	

FRIDAY - EXERCISES	REPS / Time
Bicycle	
Heel to Rear Jog	
Wall Knee to Chest	
Power Skip plus Reach	
Relaxation Exercise	

EXTRA CREDIT

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT

*Intensity: E = EASY / M=MEDIUM / H= HARD

***** ANYTHING HIGHLIGHTED IN PURPLE IS EXTRA CREDIT AS NOTED

OPTIONAL:

GOALS: _____

DATE:

WEIGHT:

SLEEP (hrs):

M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su