

# Weekly Physical Training Log

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

1. You are required to exercise at least twice a week, plus an additional push-up & curl-up session.

2. Use this form to log your PT activity - it is due each Friday with your weekly workout activities.

Each daily log should reflect a minimum of 30 minutes of physical activity.

3. A few safety items to remember:

a. Hydrate. Ensure you are drinking enough water to properly hydrate, especially on warm days.

b. Avoid overexerting yourself. Always keep exercises within your comfort level - If it hurts, stop!

\* If you are unable to run, perform other exercises to raise your heartrate for min. 10 minutes.

c. You need energy to exercise. Eat healthy! You learned that in Chief's class as an NS-1.

Workout Session 1 Date:	Start Time	Stop Time
Warm-up/Stretching (3-5 mins)		
Exercise (minimum 20 minutes) - include items such pushups, curl-ups, other daily 7 exercises, and a one mile run. List your activities here:		
Cool-down/Stretching (3-5 mins)		

Workout Session 2 Date:	Start Time	Stop Time
Warm-up/Stretching (3-5 mins)		
Exercise (minimum 20 minutes) - include items such pushups, curl-ups, other daily 7 exercises, and a one mile run. List your activities here:		
Cool-down/Stretching (3-5 mins)		

Workout Session 3 Date:	Total in 2 Minues
Push-ups	
Curl-ups	