

Workout Log

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Wk	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>
2 nd Wk	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>
3 rd Wk	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>
4 th Wk	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>
5 th Wk	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>	Strength Workout (3 sets of 10): push-ups, sit-ups, and shoulder press <input type="checkbox"/>	Cardiovascular Workout for 20 minutes minimum: run, bike, or swim <input type="checkbox"/>

I certify that I have completed the workout above during this class.

Signature: _____ Print Name: _____