

Name:
Week #:

Team Name:

**Please note: the "week" runs from Monday to Sunday. All logs are due via e-mail the following Monday by 3:30pm.

Type of Exercise	Under each day of the week, type in how much time (in minutes) each exercise was performed							Weekly	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Minutes	Points
1 pt.								0	0
								0	0
								0	0
								0	0
								0	0
2 pts.								0	0
								0	0
								0	0
								0	0
								0	0
3 pts.								0	0
								0	0
								0	0
								0	0
								0	0
Bonus Points								X	0
								X	0
								X	0
								X	0
								X	0
Weekly Total:								0	0

All exercise points and bonus points are based on the honor system