

# Weekly Exercise Log and Points

Name: \_\_\_\_\_ Extension: \_\_\_\_\_ Team Name: \_\_\_\_\_  
 Week #: \_\_\_\_\_

\*\*Please note: the "week" runs from Sunday to Saturday. All logs are due via e-mail the following Monday by 3:00pm.

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