**Girls Athletic Fitness Log**

You will keep a log for your workouts for class. Please, be honest. Integrity means a lot and goes a long way. If you didn’t work out for the class period, I’d rather you be honest. You can always make it up at a different time.

I will provide you with daily workouts that include a warm up, strength and WOD (workout of the day).

During this time, if you choose a different workout, for example, if your family decides to go for a hike, you are able to use that for the workout. Please be ready to be able to provide information of where you went and how far you went. IF you would like to work out more that our class period, for example, every morning, this is acceptable, and you can keep a log here. IF you are not feeling well one day just write the date and that you were sick, and you can make it up on a different day.

You may also find a workout video online, but you will need to provide the website as well as the duration of the workout.

Any workout move/activity you do not remember, google/youtube it, or just ask 😊

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date:**  Please provide the date on which your workout was completed | **Warm up-** describe what you did. | **Strength-** Describe your strength | **WOD (workout of the day)-** If you chose something different please include this here | **Reflection**- how did it go? How did you feel? What could you have done differently? |
| *Example: 3/30/2020* | *Today I did 3 rounds of:*  *10 tricep push ups*  *10 burpees*  *10 sit ups* | *I compromised and did airsquats holding a milk jug.*  *10-10-10-10* | *I did 50 of the following:*  *Airsquats*  *Pushups*  *Lunges*  *Dips*  *Burpees* | *It was hard to wake up this morning and do a workout in my own house, but once I started, it felt great. I can definitely tell I will be sore tomorrow.* |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |