**Team Sports Fitness Log**

You are required in Team Sports to complete the workout of the day that is provided. It is all body weight activities and can be done in the comfort of your own home. Below, you are expected to keep an activity log.

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| **Date-** including the class period you normally have Team Sports (2A) | **Duration-** How long did it take you to complete the workout? | **Activity**- What specifically did you do? Did you do more than what was required? | **Reflection-** How did it go? What would you do differently next time? |
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