

**Name**

This is your workout log. Include time/duration/level/miles logged for cardio. Include reps/weight for strength training exercises completed. Any other tasks performed need to be included. It is important you sign c at the end of class and return this sheet to me as it will be used for attendance and participation grades

**Date:**

**Tasks Completed-**

**Sign Out:** \_\_\_\_\_

**Date**

**Tasks Completed-**

**Sign Out:** \_\_\_\_\_

**Date**

**Tasks Completed-**

**Sign Out:** \_\_\_\_\_

.length  
out  
i.