

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 |
| | | | | | | | | | 0 | 0 |
| 3 pts. | | | | | | | | | 0 | 0 |
| | | | | | | | | | 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 |
| | | | | | | | | | X | 0 |
| | | | | | | Weekly Total: | | 0 | 0 | |