

WORKOUT LOG

Name:

Facility:

	Activity	Time	Distance		Activity	Time	Distance
1-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			6-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
2-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			7-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
3-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			8-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
4-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			9-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
5-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			10-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		

DRINK
MORE
WATER



PEDOMETER

Please email to fitness@carolinatherapy.net or fax to 910-892-0029 by 5pm on April 13th-

The next log will be available on April 11th!