

WORKOUT LOG

Name:

Facility:

	Activity	Time	Distance		Activity	Time	Distance
11-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			16-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
12-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			17-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
13-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			18-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
14-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			19-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
15-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			20-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!