

Name:	Per:
Date:	

Physical Fitness Workout Log

Activity	Description			
Warm-up/Game				
PVC				
Strength	Movement	Sets	Reps	#
WOD			(#reps/time)	
Assessment				
Theory/Knowledge				
Reflections				
<p>Prompts</p> <p>How did your body respond to the workout? What did you like or dislike about today's workout?</p> <p>What did you do well? What could you have done better? What changes are you noticing?</p> <p>What have you done today to improve your health outside of class (nutrition, hydration, sleep, etc.)?</p>				

