NAME:

**Weekly Fitness Journal**

**Week Of (Dates):**

Using this website: **darebee.com** (click on workout of the day) The workout will also be posted to Mrs. Grazen’s webpage each day.

**Monday**: (write name of the workout)

**What were the exercises for the workout today? List them here and write how many you did.**

|  |  |
| --- | --- |
| **Names of Exercises** | **Repetitions (how many you did)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

(add more rows or cells if there is more than 10 exercises)

**What level did you do? Or how many rounds did you do which is a set?**

**Circle the level you chose to do.**

Level I (3 sets) Level II (5 sets) Level III (7 sets)

**Tuesday**: (write name of the workout)

**What were the exercises for the workout today? List them here and write how many you did.**

|  |  |
| --- | --- |
| **Names of Exercises** | **Repetitions (how many you did)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What level did you do? Or how many rounds did you do which is a set?**

**Circle the level you chose to do.**

Level I (3 sets) Level II (5 sets) Level III (7 sets)

**Wednesday**: (write name of the workout)

**What were the exercises for the workout today? List them here and write how many you did.**

|  |  |
| --- | --- |
| **Names of Exercises** | **Repetitions (how many you did)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What level did you do? Or how many rounds did you do which is a set?**

**Circle the level you chose to do.**

Level I (3 sets) Level II (5 sets) Level III (7 sets)

**Thursday**: (write name of the workout)

**What were the exercises for the workout today? List them here and write how many you did.**

|  |  |
| --- | --- |
| **Names of Exercises** | **Repetitions (how many you did)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What level did you do? Or how many rounds did you do which is a set?**

**Circle the level you chose to do.**

Level I (3 sets) Level II (5 sets) Level III (7 sets)

**Friday**: (write name of the workout)

**What were the exercises for the workout today? List them here and write how many you did.**

|  |  |
| --- | --- |
| **Names of Exercises** | **Repetitions (how many you did)** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What level did you do? Or how many rounds did you do which is a set?**

**Circle the level you chose to do.**

Level I (3 sets) Level II (5 sets) Level III (7 sets)