**Workout Log:**

|  |  |  |
| --- | --- | --- |
| **Day/Date** | **Who participated (initials)** | **How’d it go?** |
| Monday \_\_/\_\_/\_\_ |  |  |
| Tuesday \_\_/\_\_/\_\_ |  |  |
| Wednesday\_\_/\_\_/\_\_ |  |  |
| Thursday \_\_/\_\_/\_\_ |  |  |
| Friday \_\_/\_\_/\_\_ |  |  |
| Friday \_\_/\_\_/\_\_ |  |  |

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| --- | --- | --- |
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