|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wildcat Weekly Workout Log | | | | | | | |
| **Full Name:** | | | **Week of:** | | | | |
|  | **Type** | **Activity** | **Time** | **Distance** | **Sets** | **Reps** | **Weight** |
| ***Monday***  Did you hit the 60 mins minimum workout today? | Cardio |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |
| ***Tuesday*** | Cardio |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |
| ***Wed.*** | Cardio |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |
| ***Thursday*** | Cardio |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |
| ***Friday*** | Cardio |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Strength & Endurance |  |  |  |  |  |  |

B.W. = Body Weight, N/A = Not Available, min = Minutes, lbs. = Pounds, D.B. = Dumbbells