

Blazers in Training Practice Log

My goal	Curl Ups					Sit & Reach					Push Ups					Endurance Run					Other Activity				
	#1	#2	#3	#4	#5	#1	#2	#3	#4	#5	#1	#2	#3	#4	#5	#1	#2	#3	#4	#5	#1	#2	#3	#4	#5
Weeks																									
March 28																									
April 4																									
Check your Progress																									
April 11																									
April 18																									
Check your Progress																									
April 25																									
May 2																									
Check your Progress																									
May 9																									

Every two weeks check to see how you have improved by recording your score where it says "Check your Progress."
 Practice each exercise at least 12 times to earn your prize.

Return to your teacher on Monday, May 17 with your parent's signature.

Name: _____

Teacher: _____

Grade: _____

Parent Signature: _____