

Your Personal Summer Workout Notebook



12 Weeks

In the table below - enter in the workout you accomplished. I am asking that you do four workouts per week at a minimum.

1. One Cardio
2. One Strength
3. One Athletes choice - Cardio, adventure, strength, leisure, ect.
4. One Stick Skills

Remember this is all about personal growth. So I would like you to set the goals below. Goals should be specific, measurable, realistic for the time frame.

Goals:

Cardio/endurance: *What goal would you like to meet for your endurance/ cardio - ex: distance, time, distance & time...*

Strength: *What goal do you have for improving your physical strength*

Stick Skill: *What new skill are you going to learn - what skill are you going to work to improve.*

Personal/Life: *What goal do you have for your life over the summer that is in your control and achievable given your circumstances.*

Workout Log

Weeks	Cardio 1	Strength 1	Athletes Choice	Stick Skills	Additional Workouts:		
Week 1 June 7							
Week 2 June 14							
Week 3 June 21							
Week 4 June 28							
Week 5 July 5							
Week 6 July 12							
Week 7 July 19							
Week 8 July 26							
Week 9 Aug 2							
Week 10 Aug 9							
Week 11 Aug 16							
Week 12 Aug 23							