**Example**

**Fitness Weekly Journal**

|  |  |
| --- | --- |
| **Movements** | **Sets and Reps or** **Start time, finish and distance****For running/cardio** |
|  **Monday** |  |
| **Tuesday:**  |  |
| **Wednesday:**  |  |
| **Thursday:**  |  |
| **Friday**  |  |
| **Parents Signature** | **Phone number** |