**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** |