



Workout Log: Date _____ (Blank)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio						
Stretch						
Sit-Ups						
Push-Ups						
Squats						
Burpees						

Workout Log: Date _____ (Completed Example)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio		No	No			
Stretch		No	No			
Sit-Ups	10	No	No			
Push-Ups	10	Yes	Yes	Reaching 90 deg.	Drop knees	Felt easier to reach 90 deg.
Squats	10	No	No			
Burpees	5	Yes	Yes	push-up	Drop knees	I saw that I could do a push-up

Note: the last 3 columns will be filled in only if the functional movement/exercise was hard for you. Please see the next page for Blank Templates you can copy and print out to paste in your P.E Notebook (or simply use the blank template as a model so you can draw it into your P.E notebook if that is easier for you).

Workout Log: Date _____
(Blank)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio						
Stretch						
Sit-Ups						
Push-Ups						
Squats						
Burpees						

Workout Log: Date _____
(Blank)

Name Jill Smith	Completed/ Number	Hard	Modification Used?	Specific Difficulty	Solution	Evidence
Cardio						
Stretch						
Sit-Ups						
Push-Ups						
Squats						
Burpees						