NAME:_____ YEAR: _____ CARD #: _____

(last) (first)

CARDIO Date:														minutes / level	

STRENGTH: # of Sets:_____ # of Repetitions: _____

Always leave at least 1 day of rest between strength workouts

STRETCHES: Hold each stretch once for 30 seconds

1a. Calf Stretches	3. Side stretch	5a. Shoulder	7a. Shoulder
1b. Quadriceps	4a. Spinal Twist	5b. Low Back	7b. Neck
2a. Hamstrings	4b. Neck Stretches	6. Chest	7c. Hip
2b. Hamstrings / Buttocks			8. Shoulders/Triceps

HEART RATE

Target: 50% 60% 70% 80% 85%

Range: _____

PERCEIVED EXERTION (6 - 20): _____ 7 = very, very light, 11 = fairly light, 13 = somewhat hard, 15 = hard, 17 = very hard, 19 = very, very hard