

**2870 RCD Biathlon Team Personal Workout Log**

Name: \_\_\_\_\_

Date	Activity	Distance (km:m)	Duration (hr:min)	Repetitions	Stretch Before (y/n)	Stretch After (y/n)	Warm Up (y/n)	Cool Down (y/n)	Skills Worked On

Examples of Activities: skiing, running, swimming, walking stairs, push ups, situps, crunches, rowing, speed walking, doing weights, etc...