



COOPERTHON

NAME: _____ EMAIL: _____

Turn in your exercise log to the Service Desk by October 31, 2018.

	DATE	ACTIVITY/EXERCISE	MINUTES TODAY TOTAL	
CARDIOVASCULAR FITNESS	1			
	2			
	3			
	4			
	5			
BLOOD WORK	6			
	7			
	8			
	9			
	10			
BODY COMPOSITION	11			
	12			
	13			
	14			
	15			
	16			
FUNCTIONAL FITNESS	17			
	18			
	19			
	20			
	21			
STRESS MANAGEMENT	22			
	23			
	24			
	25			
	26			

TOTAL