

MONTHLY FITNESS AND PRACTICE LOG

Student Name:

Level:

Month, Year:



DATE	WARM UP (minutes)	CORE EXERCISES (minutes)	ADAVUS (minutes)	HEALTHY DIET (Y/N)	PARENT SIGNATURE
1 st					
2 nd					
3 rd					
4 th					
5 th					
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28 th					
29 th					
30 th					
31 st					

