PE Fitness Daily Weight Training Log

**Name** _____ **Period**

| | | Week One | | | | | Week Two | | | | | Week Three | | | | | Week Four | | | | | Week Five | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F |
| **Stretching (time)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Cardiovascular (time)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Lifts** | **Weight** | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Test | Bench ML | Squat or Leg Press ML | Pacer Test | Flexibility | Other Test |
|---|---|---|---|---|---|
| Week one Test | | | | | |
| Week five Test | | | | | |
| Week ten Test | | | | | |
| Improvement | | | | | |

## Miller PE Fitness

**Name** ______________________________ **Period**

| | | **Week Six** | | | | | **Week Seven** | | | | | **Week Eight** | | | | | **Week Nine** | | | | | **Week Ten** | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **M** | **T** | **W** | **T** | **F** | **M** | **T** | **W** | **T** | **F** | **M** | **T** | **W** | **T** | **F** | **M** | **T** | **W** | **T** | **F** | **M** | **T** | **W** | **T** | **F** |
| **Stretching (time)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Cardiovascular (time)** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Lifts** | **Weight** | | | | | | | | | | | | | | | | | | | | | | | | | |
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Comments to Instructor: