



# TRAINING LOG

**NAME:**

**WEEK OF:**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>IMPORTANT DOJO DATES/ CLASSES I ATTENDED</b>							
<b>FITNESS, FITNESS, FITNESS WHAT EXERCISE &amp; HOW MANY</b>							
<b>RUNNING (DISTANCE/ RUNNING TIME)</b>							
<b>PUMPING KICKS (#/TYPE)</b>							
<b>KATAS/ WEAPONS/ CREATIVE</b>							
<b>WHO DID I CONNECT WITH TO TRAIN?</b>							
<b>NOTES REGARDING TRAINING THIS WEEK:</b>				<b>SENSEI'S TRAINING COMMENTS:</b>			