

PERFECT ATTENDANCE EXERCISE LOG

Name:

Month:

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:
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3	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:
4	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:
5	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:	Date: Length of Workout: Type of Workout:

Rules of participation:

- Exercise in the club an average of 3x/week in February & March or 25 times within those months.
- Both workout sheets must be turned in by Monday, April 8, 2019.

With perfect attendance you will be entered into a drawing for 1 prize:

- 1 month of free membership dues, or
- 1 hour indulgence massage, or
- 1 hour personal training

Suggested Daily Wellness Challenges:

Drink half your weight in water (ounces) every day.

Make an extra active choice each day, take the stairs, park farther away.

Eat 5 vegetable servings every day.

Sleep an average of 7 to 8 hours every night.



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