**Activity Log:**

| Date | Sport Skill | Activity | Duration/Repetitions |
|---|---|---|---|
| Example: 1/1/ 2010 | Aerobic | jog | 20 minutes |
| Example: 1/2/2010 | Strength | leg press, bench press, leg extension, lat pull down, up right row, back extension, arm curl, leg curl, triceps pushdown, calf raise, and sit-ups. | 3 sets of 15 |
| | | | |
| | | | |
| | | | |
| | | | |

| | | | |
|---|---|---|---|
| | | | |