



Resistance Training Log

Participants in the Resistance Training program are required to track and submit their resistance training activities for a period of no less than three weeks. Participants must complete no less than three resistance training sessions per week with duration of no less than 30 minutes. In the boxes below please provide a brief description of the muscle groups that you trained and the total duration of your resistance training session.

***Please consult a physician before starting any exercise program.**

Name:

Submit all logs via campus mail to Shawn Roderick at Hall McCarter Education Center
or send via email to sroderick@bssd.net.



	Day 1 Muscle Group(s) Trained/Duration	Day 2 Muscle Group(s) Trained/Duration	Day 3 Muscle Group(s) Trained/Duration
Week 1			
Week 2			
Week 3			

Building:

Beginning Date:

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