OPTIONAL FITNESS / REUSABLE TEMPLATE

Fitness session log

Use your team's training log if it has one. Download this template or use the companion: athleteperformancepress.com/journal-pages/

DATE **SESSION PURPOSE**

Exercise / activity	Sets x reps	Load / time / distance	Effort / notes

Write units with the load, time or distance. Add actual set details when they differ.

Progress I noticed / Something that affected the session

Coach feedback / What to discuss before the next session