

JROTC

All classes

Assignment 1

PT LOG

Complete some form of Physical Training (PT) 3 times a week for 20 minutes each time. Document the form of PT completed in the log below.

Examples: Walk your dog for 20 minutes, Run for 20 minutes, complete circuits (pushups/situps/jumping jacks), punching bag, karate practice.....

	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		