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**FITNESS LOG**

**Choose one workout daily from our on-demand video section.**

**Complete the chart for each day of the week!**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| List the specialty class and name of video that you chose. |  |  |  |  |  |
| List at least 3 exercises you did in your workout |  |  |  |  |  |
| How would you rate this class from (1-10)?  (1=Easiest, 10=Hardest) |  |  |  |  |  |

**Name and describe your favorite workout class this week. What did you like about it? What was the most challenging workout?**