PE 10 Weight room Goals Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period:\_\_\_\_\_\_\_\_\_

Instructions: These days are meant for you to do what you want…within reason. Obviously whatever you are doing should involve some sort of fitness element. Whether its weights, running, pilates, yoga, or core, you should be attempting to break a sweat.

You need to fill out and hand in this form by the end of each “Me” day class.

Daily Goal (or long term goal):

Persons involved:

Equipment used:

Describe your activity (weights, reps, routine??) and briefly comment on the amount of time spent on task:

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