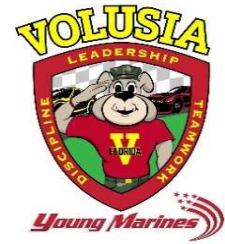




Physical Training Log

Young Marine Name: _____



Date	Activity	Parent Sign
Drill Day	-----	-----
Sunday	10-Minute Full Body Beginner Workout	
Monday	10-Minute Full Body Beginner Workout	
Tuesday	10-Minute Full Body Beginner Workout	
Wednesday	10-Minute Full Body Beginner Workout	
Thursday	10-Minute Full Body Beginner Workout	
Friday	10-Minute Full Body Beginner Workout	
Saturday	10-Minute Full Body Beginner Workout	
Sunday	10-Minute Full Body Beginner Workout	
Monday	10-Minute Full Body Beginner Workout	
Tuesday	10-Minute Full Body Beginner Workout	
Wednesday	10-Minute Full Body Beginner Workout	
Thursday	10-Minute Full Body Beginner Workout	
Friday	10-Minute Full Body Beginner Workout	
Drill Day	-----	-----