

# Keep track of your weekly workouts on a log page.

It's a great way to monitor your progress.

	<b>date</b>	<b>workout results and comments</b>	<b>time rowed</b>	<b>distance rowed</b>	<b>cumulative distance</b>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>WEEKLY TOTALS:</b>					

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Monday					
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<b>WEEKLY TOTALS:</b>					

Copy this form for two weeks of log entries.