

Name: _____ Age: _____ Teacher: _____



Little Rockers Training Log

17 Weeks

| Date | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total |
|-------------|-----|------|-----|-------|-----|-----|--------|-------|
| 11/3-11/9 | | | | | | | | |
| 11/10-11/16 | | | | | | | | |
| 11/17-11/23 | | | | | | | | |
| 11/24-11/30 | | | | | | | | |
| 12/1-12/7 | | | | | | | | |
| 12/8-12/14 | | | | | | | | |
| 12/15-12/21 | | | | | | | | |
| 12/22-12/28 | | | | | | | | |
| 12/29-1/4 | | | | | | | | |
| 1/5-1/11 | | | | | | | | |
| 1/12-1/18 | | | | | | | | |
| 1/19-1/25 | | | | | | | | |
| 1/25-2/1 | | | | | | | | |
| 2/2-2/8 | | | | | | | | |
| 2/9-2/15 | | | | | | | | |
| 2/16-2/22 | | | | | | | | |
| 2/23-3/1 | | | | | | | | |
| | | | | | | | TOTAL: | |