"You can have results or you can have your excuses. You cannot have both." – Unknown

Off Season Activity Log: Track the physical activity you do while we are not formally meeting. Your goal should be to do something at least 4 times per week. Also record other activities (bike ride, playing with siblings at the park, volleyball with friends, waterskiing, hiking, etc.)

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| --- | --- | --- |
| Date | Activity | Length of Time |
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| 21. |  |  |
| 22. |  |  |

Conditioning Options…feel free to combine these or make your own

[](http://fitnessandfeta.com/2012/07/31/how-to-have-a-good-bad-day/20-minutes-60-60-hiit-cardio/)