CROSSFIT PROGRESS LOG

Athlete:

First Crossfit WOD:

Why I Crossfit:

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SNATCH

		SQUAT	SNATCH				POWER	SNATCH	
Date	1 Rep	3 Rep	5 Rep	Notes	Date	1 Rep	3 Rep	5 Rep	Notes
		ANG POV	VER SNAT	ĊH			SNATCH	BALANCI	E
Date	I Rep	ANG POV 3 Rep	VER SNAT 5 Rep	CH Notes	Date	1 Rep	SNATCH 3 Rep	BALANCI 5 Rep	D Notes
Date		ANG POV 3 Rep			Date	1 Rep			
Date		ANG POV 3 Rep			Date	1 Rep			
Date		ANG POV 3 Rep			Date	1 Rep			
Date		ANG POV 3 Rep			Date	1 Rep			
Date		IANG POV 3 Rep			Date Date	1 Rep			
Date		ANG POV 3 Rep			Date Date	1 Rep			
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Date		ANG POV 3 Rep			Date Date	1 Rep			
Date		ANG POV 3 Rep			Date Date Date	1 Rep			
Date		ANG POV 3 Rep			Date Date Date	1 Rep			
Date		ANG POV 3 Rep			Date Date Date	1 Rep 			

SQUAT CLEAN POWER CLEAN 5 Rep Date 1 Rep 3 Rep 5 Rep Notes 1 Rep 3 Rep Notes Date HANG POWER CLEAN CLEAN & JERK 1 Rep 3 Rep 5 Rep Notes 3 Rep 5 Rep Notes Date Date 1 Rep

1

CLEAN

SHOULDER TO OVERHEAD

SHOULDER PRESS				PUSH PRESS					
Date	1 Rep	3 Rep	5 Rep	Notes	Date	1 Rep	3 Rep	5 Rep	Notes
			B K				SDI IT	' IFRK	
Date	1 Ren		RK 5 Ren	Notes	Date	1 Ren		JERK 5 Ren	Notes
Date	1 Rep	JE 3 Rep	RK 5 Rep	Notes	Date	1 Rep	SPLIT 3 Rep	JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes
Date	1 Rep			Notes	Date	1 Rep		JERK 5 Rep	Notes

FRONT SQUAT **OVERHEAD SQUAT** 3 Rep 5 Rep 1 Rep 3 Rep 5 Rep Date Notes Date 1 Rep Notes BACK SQUAT THRUSTER 5 Rep 5 Rep Date 1 Rep 3 Rep Notes Date 1 Rep 3 Rep Notes

SQUAT/THRUSTER

DEADLIFT **SUMO DEADLIFT** 1 Rep 3 Rep 5 Rep 5 Rep Date Notes Date 1 Rep 3 Rep Notes **BENCH PRESS** SUMO DEADLIFT HIGH PULL 5 Rep 5 Rep Notes Date 1 Rep 3 Rep Notes Date 1 Rep 3 Rep

DEAD/BENCH/SUMO

ROW/RUN

ROW	r									
Date		500M	1K	2K	Notes	Date	3K	5K	10K	Notes
DITAL										
RUN	20014	40034	(00)	00014			4 9		1017	
RUN Date	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K	10K	Notes
	200M	400M	600M	800M	Notes	Date	1mile	5K		Notes

BENCHMARK LADIES

		ANGIE			ANNIE	
Date	Score	Notes	Date	Score	Notes	
		BARBARA			CHELSEA	
Date	Score	Notes	Date	Score	Notes	
		CINDY			CHRISTINE	
Date	Score	CINDY Notes	Date	Score	CHRISTINE Notes	
Date	Score		Date			
Date	Score		Date			
Date	Score		Date			
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Date	Score		Date			
Date	Score	Notes	Date	Score	Notes	
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Date Date	Score Score Score	Notes	Date Date Date	Score	Notes	
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		Notes		Score	Notes	
		Notes		Score	Notes	
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		Notes		Score	Notes	

BENCHMARK LADIES

		EVA		F	RAN
Date	Score	Notes	Date	Score	Notes
		I JANE			ACE
Date	Score	Notes	Date	Score	Notes
		IELEN			BEL
Date	Score	Notes	Date	Score	Notes
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D (ACKIE	D (KA	REN
Date	Score	Notes	Date	Score	Notes
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			_		
			-		
			-		

BENCHMARK LADIES

		KELLY			MARY	
Date	Score	Notes	Date	Score	Notes	
		LINDA			LYNNE	
Date	Score	Notes	Date	Score	Notes	
		MARY			NANCY	
Date	Score	Notes	Date	Score	Notes	
				-		
Date	Score	Notes	Date	Score	Notes	

HERO WODS & OTHER BENCHMARKS

		DANIEL			DT	
Date	Score	Notes	Date	Score	Notes	
		THE CHIEF		CR	OSSFIT TOTAL	
Date	Score	Notes	Date	Score	Notes	
		GHT GONE BAD			ILTHY FIFTY	
Date	FIC	HI GONE BAD Notes	Date	F. Score	Notes	
Date			Date			
Date			Date			
Date			Date			
Date			Date			
Date			Date			
Date		Notes	Date Date		Notes	
	Score	Notes JASON		Score	Notes JOSH	
Date Date		Notes	Date Date Date		Notes	
	Score	Notes JASON		Score	Notes JOSH	
	Score	Notes JASON		Score	Notes JOSH	
	Score	Notes JASON		Score	Notes JOSH	
	Score	Notes JASON		Score	Notes JOSH	
	Score	Notes JASON		Score	Notes JOSH	

HERO WODS & OTHER BENCHMARKS

		MEGHEE		MICHAEL			
Date	Score	Notes	Date	Score	Notes		
		MURPH			NATE		
Date	Score	Notes	Date	Score	Notes		
		ABATA THIS			SOMETHING ELSE		
	Score	Notes	Date	Score	Notes		
Date	Score						
Date							
Date							
Date							
Date							
Date							
		TREVOR			WOLVERINE		
Date	Score		Date	Score	WOLVERINE Notes		
		TREVOR	Date				
		TREVOR	Date				
		TREVOR	Date				
		TREVOR	Date				
		TREVOR	Date				

MISCELLANEOUS WODS

Date	Score	Notes	Date	Score	Notes
Date	Score	Notes	Date	Score	Notes
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Date	Score	Notes	Date	Score	Notes
Date	Score	Notes	Date	Score	Notes
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MOVEMENT MILESTONES (Maxes & Personal Records)

	BOX JUMPS		DUMBBELLS
Date	Notes	Date	Notes
	JUMP ROPE		GOODMORNING
Date	Notes	Date	Notes
Dutt		Dute	
	KETTLE BELLS		MEDICINE BALL
Date	Notes	Date	Notes
Datt	itoitts	Date	TUCCS

MOVEMENT MILESTONES (Maxes & Personal Records)

	PARALETTES	PULL-UP			
Date	Notes	Date	Notes		
PULL	-UP BAR EXERSIZES		PUSH-UPS		
Date	Notes	Date	Notes		
	RINGS		ROPE CLIMB		
Date	Notes	Date	Notes		

MOVEMENT MILESTONES (Maxes & Personal Records)

ST	RONGMAN EXERSIZES	TURKISH GET UP			
Date	Notes	Date	Notes		
	WALL CLIMB				
Date	Notes	Date	Notes		
Date	Notes	Date	Notes		

	Exersize	Date	Rounds Lowest	Date Round	ds Lowest Da	te Rounds Lowest	Date Rounds Lowest
			Score		Score 24	Score Score	
	Box Jumps	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	Date Rounds Lowest Score
	Exersize	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	Date Rounds Lowest Score
	Burpees	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	DateRoundsLowest Score
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V	Exersize	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	Date Rounds Lowest Score
TAB							
	KBS	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	Date Rounds Lowest Score
	Exersize	Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	DateRoundsLowest Score
	Push Ups						
		Date	Rounds Lowest Score	Date Round	ds Lowest Da	te Rounds Lowest Score	DateRoundsLowest Score
	Exersize	Date	Rounds Lowest	Date Round	ls ^{Lowest} Da	te Rounds Lowest	Date Rounds Lowest

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			Score			Score			Score			Score
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Pull Ups	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score
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Exersize	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score
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Sit Ung			Lowest			Lowest			Lowest			Lowest
Sit Ups	Date	Rounds	Score	Date	Rounds	Score	Date	Rounds	Lowest Score	Date	Rounds	Score
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Exersize	Date	Rounds	Score	Date	Rounds	Score	Date	Rounds	Score	Date	Rounds	Score
Squats	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest
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Exersize	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest
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	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest	Date	Rounds	Lowest
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### **CROSSFIT GOALS**

			Date
Goal	By when?	Action Steps	Achieved
			Date
Goal	By when?	Action Steps	Achieved
			Date
Cool	Dy when?	Action Stong	Achieved
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			Date
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Goal	By when?	Action Steps	Achieved
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Goal	By when?	Action Steps	Achieved
			Date
Goal	By when?	Action Steps	Achieved
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## **CROSSFIT GOALS**

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Goal	By when?	Action Steps	Achieved
Gui	by when:		
			Date
Goal	By when?	Action Steps	Achieved
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Goal	By when?	Action Steps	Achieved
<u></u>			Date
Goal	By when?	Action Steps	Achieved

## **CROSSFIT GOALS**