

CROSSFIT PROGRESS LOG

Athlete:

First Crossfit WOD:

Why I Crossfit:

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BENCHMARK LADIES

EVA			FRAN		
Date	Score	Notes	Date	Score	Notes
GI JANE			GRACE		
Date	Score	Notes	Date	Score	Notes
HELEN			ISABEL		
Date	Score	Notes	Date	Score	Notes
JACKIE			KAREN		
Date	Score	Notes	Date	Score	Notes

HERO WODS & OTHER BENCHMARKS

DANIEL			DT		
Date	Score	Notes	Date	Score	Notes
THE CHIEF			CROSSFIT TOTAL		
Date	Score	Notes	Date	Score	Notes
FIGHT GONE BAD			FILTHY FIFTY		
Date	Score	Notes	Date	Score	Notes
JASON			JOSH		
Date	Score	Notes	Date	Score	Notes

HERO WODS & OTHER BENCHMARKS

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

MISCELLANEOUS WODS

Date	Score	Notes	Date	Score	Notes
Date	Score	Notes	Date	Score	Notes
Date	Score	Notes	Date	Score	Notes
Date	Score	Notes	Date	Score	Notes

MOVEMENT MILESTONES (Maxes & Personal Records)

BOX JUMPS		DUMBBELLS	
Date	Notes	Date	Notes
JUMP ROPE		GOODMORNING	
Date	Notes	Date	Notes
KETTLE BELLS		MEDICINE BALL	
Date	Notes	Date	Notes

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)

STRONGMAN EXERSIZES		TURKISH GET UP	
Date	Notes	Date	Notes
WALL CLIMB			
Date	Notes	Date	Notes
Date	Notes	Date	Notes

TABATAS

Box Jumps	Exersize	Date	Rounds	Lowest Score									
	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	
	Exersize	Date	Rounds	Lowest Score									
	Burpees	Date	Rounds	Lowest Score									
Exersize	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	
KBS	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	
Exersize	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	
Push Ups	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	Date	Rounds	Lowest Score	
1	Exersize	Date	Rounds	Lowest									

			Score			Score			Score			Score
Pull Ups												
	Date	Rounds	Lowest Score									
Exersize	Date	Rounds	Lowest Score									
Sit Ups												
	Date	Rounds	Lowest Score									
Exersize	Date	Rounds	Lowest Score									
Squats												
	Date	Rounds	Lowest Score									
Exersize	Date	Rounds	Lowest Score									
	Date	Rounds	Lowest Score									

CROSSFIT GOALS

Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved

CROSSFIT GOALS

Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved
Goal	By when?	Action Steps	Date Achieved