

WORKOUT LOG

CROSSFIT PERFORMANCE

DATE:

ATHLETE:

COACH:

LOCATION:

STRENGTH / SKILL

MOVEMENT	SETS/REPS	WEIGHT	NOTES
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METCON (WOD)

Workout Description...

TIME / SCORE:

RX / SCALED:

PR: YES NO

POST-WORKOUT NOTES & REFLECTION

Focus ⚡ Consistency ⚡ Intensity