West Linn Cheer Summer Workout Tracker

(Please fill in the date when you complete each workout below)

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| Cheerleaders Name: | Workout One (Strength) | Workout One  (Strength) | Workout One (Strength) | Workout Two (Cardio) |
| Week 1 – July 5th |  |  |  |  |
| Week 2 – July 12th |  |  |  |  |
| Week 3 – July 19th |  |  |  |  |
| Week 4 – July 26th |  |  |  |  |
| Week 5 – August 2nd |  |  |  |  |
| Week 6 – August 9th |  |  |  |  |