

Patch Polar Bear Club 2017-2018

Name: _____ Email: _____
 DOB: _____

<u>Patch Fitness Center Workout Log</u>	
Please list date gym was attended and fitness activity using the space below.	
Date:	Fitness Activity Performed:
1	
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<u>Fitness Class Log</u>	
Please list dates & types of class attended using the space below.	
Date:	Fitness Class
1	
2	
3	

<u>Recreation Program Log</u>	
Please list date & the facility/program that were attended using the space below.	
Date:	Program Attended
1	

****Please return completed Tracking Logs to: Caitlin.b.oblaender.naf@mail.mil**