City of Dublin

Please date each box and mark with an X to indicate type of workout.
Track **8** workouts in a month to receive **10 HBC points**
Or
Track **9 or more** workouts in a month to receive **15 HBC points**

All workouts outside of the Dublin Center Recreation Center need to be recorded!

Date:		Date:		Date:		Date:	
Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength
Date:		Date:		Date:		Date:	
Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength

Date:		Date:		Date:		Date:	
Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength
Date:		Date:		Date:		Date:	
Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength

**All workouts should be at least 30 minutes in length. Stretching can be incorporated into both cardio and strength workout sessions.*

NAME:_____

MONTH:_____