**Standardization for Fall 2021 PT Logs:**

* Don’t put “LLAB #2” put “**LLAB 2**”
* For dates, it is **date of Monday – date of Friday**. No parentheses.
* **Only use minutes for time**. Abbreviate minutes -> min.
	+ Example: Don’t put 1hr 30 min put 90 min.
* If you are not attending voluntary PT put underneath the date you completed a workout **“(in lieu of Monday)” or “(in lieu of Thursday)”**
	+ Why? To ensure that your workouts align with the PT program and PT is every Monday and Thursday
* After LLAB 4, if you are on the enrichment program, for the 3rd PT write underneath the date **“(Enrichment)”**

**I have attached an example on page 3 of Snuffy, Joe of what a PT Log should look like.**

|  |  |
| --- | --- |
| **NAME:** | Last, First |
| **SQUADRON:** | Abbreviation e.g. TXS, FSS |
| **WEEK:**  | **LLAB** #, date for Monday (DD Mon YY) – date for Friday (DD Mon YY) |
|   |
| **Monday:**  | **Exercise:** | **Duration:** |
| [Description e.g.: | Name of workout: (# reps/ # sets) or # miles or # laps | Time (min) |
| **(In lieu of Monday)** | * Description of Workout (if necessary)
 |  |
| **(Attended PT)** | * Doesn’t have to be too detailed
 |  |
| **(Enrichment)**  | * Self-explanatory workouts don’t need explanation
 |  |
| **(Memo submitted)** | Name of workout: (# reps/ # sets) or # miles or # laps | Time (min) |
|  | Name of workout: (# reps/ # sets) or # miles or # laps | Time (min) |
|  | Name of workout: (# reps/ # sets) or # miles or # laps | Time (min) |
| **Keep This Blank** | **Total Exercise Time:** | 60 min |
|  |
| **Tuesday:** | **Exercise:** | **Duration:** |
|  | There should be no extra spaces if not needed |  |
| **Keep This Blank** | **Total Exercise Time:** | N/A |
|  |
| **Wednesday:** | **Exercise:** | **Duration:** |
| **Keep This Blank** | **Total Exercise Time:** | N/A |
|  |
| **Thursday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Friday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |

|  |  |
| --- | --- |
| **NAME:** | Snuffy, Joe |
| **SQUADRON:** | TXS |
| **WEEK:**  | **LLAB** 3, 07 Sep 20 – 11 Sep 20 |
|   |
| **Monday:**  | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Tuesday:** | **Exercise:** | **Duration:** |
| **(Attended PT)** |  |  |
|  | **Total Exercise Time:** | 60 min |
|  |
| **Wednesday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Thursday:** | **Exercise:** | **Duration:** |
| **(In lieu of Monday)** | Dynamic Stretching | 10 min |
|  | Sit ups: (30 reps/4 sets) | 15 min |
|  | Pushups: (20 reps/ 4 sets)  | 15 min |
|  | Run: 3 miles | 25 min |
|  | Static Stretching: | 10 min |
|  | **Total Exercise Time:** | 75 min |
|  |
| **Friday:** | **Exercise:** | **Duration:** |
| **(In lieu of Thursday)** | Warmup Stretch | 10 min |
|  | Calisthenics | 10 min |
|  | * Pushups- 25 reps
 |  |
|  | * Sit ups- 40 reps
 |  |
|  | * Planks- 3x1 min planks
 |  |
|  | Thanksgiving Workout | 65 min |
|  | * 1 mile run
 |  |
|  | * 25 pushups, 50 sit ups, 1 min plank
 |  |
|  | * 1 mile run
 |  |
|  | * Repeated once
 |  |
|  | Cooldown Stretch | 10 min |
|  | **Total Exercise Time:** | 95 min |
|  |

|  |  |
| --- | --- |
| **NAME:** | Last, First |
| **SQUADRON:** | Abbreviation |
| **WEEK:**  | **LLAB** #, (DD Mon YY – (DD Mon YY) |
|   |
| **Monday:**  | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Tuesday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Wednesday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Thursday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |
| **Friday:** | **Exercise:** | **Duration:** |
|  | **Total Exercise Time:** | N/A |
|  |