



## Daily Fitness Journal

For each day you run or strength train, you are to outline the exact workouts you conducted.

Please feel free to make multiple copies of this page or use a blank sheet of paper instead.

Please see the Fitness Log Guide for clear instructions.

### Strength Training

**Please list all exercises outlined in your workout**

(Include reps and sets)

(please include resistance band intensity and/or dumbbell weight if used)

Time spent strength training:

### Running

**Please circle the speed of your run below.**

(if you travelled at two different speeds, please circle both)

(Moderate walk

Fast walk

Moderate Jog

Fast Jog

Sprint)

**Please list any dynamics of today's run (If used).**

(i.e. uphill, downhill, ankle weights, weighted vest)

**Please identify duration of break**

(if you took a break or slowed down mid-run)

Corresponding Date to Fitness Log (i.e. Day 4): \_\_\_\_\_

\_\_\_\_\_  
*Applicant Signature*

\_\_\_\_\_  
*Date Signed*

*(Falsifying any information above may lead to you getting disqualified from the Constable Selection Process)*