

## Monthly and Annual Program Log Date: Goals:

| Name:<br>Notes:  |   |   |   |   |   |   |   |   | Da | ate:_ |   |   |   |   | Goa | ls:_ |   |   |   |   |   |   |   |   |   |   |   |   |
|------------------|---|---|---|---|---|---|---|---|----|-------|---|---|---|---|-----|------|---|---|---|---|---|---|---|---|---|---|---|---|
| Week             | 1 |   |   |   |   |   |   | 2 |    |       |   |   |   |   | 3   |      |   |   |   |   |   | 4 |   |   |   |   |   |   |
| Day              | M | Т | W | Т | F | S | S | M | Т  | W     | Т | F | S | S | M   | Т    | W | Т | F | S | S | M | Τ | W | T | F | S | S |
| A. Corrective    |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   | Т |
| B. Stabilization |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   |   |
| C. Strength      |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   | 1 |   |   |
| D. Power         |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   |   |
| E. Other:        |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   |   |
| F. Other:        |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   | 1 |
| G. Other         |   |   |   |   |   |   |   |   |    |       |   |   |   |   |     |      |   |   |   |   |   |   |   |   |   |   |   | 1 |

| MONTH                | Jan | Feb | March | April | May | June | July | Aug | Sep | Oct | Nov | Dec |
|----------------------|-----|-----|-------|-------|-----|------|------|-----|-----|-----|-----|-----|
| A. Corrective        |     |     |       |       |     |      |      |     |     |     |     |     |
| B. Stabilization     |     |     |       |       |     |      |      |     |     |     |     |     |
| C. Strength          |     |     |       |       |     |      |      |     |     |     |     |     |
| D. Power             |     |     |       |       |     |      |      |     |     |     |     |     |
| E. Other:            |     |     |       |       |     |      |      |     |     |     |     |     |
| F. Other:            |     |     |       |       |     |      |      |     |     |     |     |     |
| G. Other             |     |     |       |       |     |      |      |     |     |     |     | _   |
| Assess/Re-Assessment |     |     |       |       |     |      |      |     |     |     |     |     |