**Training Diary 2020**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Joe Wicks Y/N | Baldragon Daily Challenge | Other | Outside | How I felt |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

Complete the training diary. Add as much detail as you can/want. If you completed the daily challenge, write in what it was and your score, time etc and remember to post it on twitter @BaldragonPE.

In the last column, write how you felt, include how you felt from a mental and physical point of view.