



**KROKA**  
EXPEDITIONS

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# Pre-Semester Fitness Log



NAME OF STUDENT \_\_\_\_\_

WEEK BEGINNING \_\_\_\_\_

Day	Duration (min)	Exercise(s)	How did you feel?
e.g.	90 min	Trail running 6.5 mi, stretch to cool down	Felt tired after 15 minutes, but had a snack and pushed through to the end
1			
2			
3			
4			
5			
6			
7			

Please upload copies of your complete fitness logs on your student portal