



## Shepherd-Warrior Martial Arts Training Log



This training log will be used to track your practice time outside of regular classes. Make sure to watch the appropriate videos for what you need to learn (you can always watch the earlier videos for review – that’s a great idea!). Write your start and end time of your training on the correct day. If you are a Junior or Warrior Student, you will need to have parent/guardian sign the log at the end of each week to verify that you did what you said (Parents – please make sure they did what they said they did). This log will count for up to 3 weeks of training. Please print out another if we end up doing the online training for longer than that.

You will need to turn in this training log when you return to class.

Week	1		2		3	
	Start time	End time	Start time	End time	Start time	End time
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Total Time						
Parent Signature						