



# Jim Thorpe Fitness Center

## Rowing Challenge Log

# SEPTEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cumulative Distance _____					1 Time _____ Distance _____	2 Time _____ Distance _____
3 Time _____ Distance _____	4 Time _____ Distance _____	5 Time _____ Distance _____	6 Time _____ Distance _____	7 Time _____ Distance _____	8 Time _____ Distance _____	9 Time _____ Distance _____
10 Time _____ Distance _____	11 Time _____ Distance _____	12 Time _____ Distance _____	13 Time _____ Distance _____	14 Time _____ Distance _____	15 Time _____ Distance _____	16 Time _____ Distance _____
17 Time _____ Distance _____	18 Time _____ Distance _____	19 Time _____ Distance _____	20 Time _____ Distance _____	21 Time _____ Distance _____	22 Time _____ Distance _____	23 Time _____ Distance _____
24 Time _____ Distance _____	25 Time _____ Distance _____	26 Time _____ Distance _____	27 Time _____ Distance _____	28 Time _____ Distance _____	29 Time _____ Distance _____	30 Time _____ Distance _____

Row 100,00 meters in 30 days. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.