**Athletic Training Log**

Applicant Name: Scholarship Applicant is applying for:

**Training Log:**

Complete this form for the major sport you have participated in. Duplicate this table if you participate in more than one sport.

|  |  |
| --- | --- |
| **MAJOR SPORT:** |  |
| Length of Workout |  |
| Number of Workouts per Day |  |
| Number of Workouts per Week |  |
| Number of Months of organized training each year |  |
| Number of Months you train on your own |  |
| Describe a typical organized workout |  |
| Describe a typical workout you would do on your own |  |