**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.

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| --- | --- |
| **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 |       |