

The Ski Utah Fitness Award – Training Log

FIRST NAME	LAST NAME	SCHOOL NAME


Color in the “workout boulders” to complete your training and prepare you to ski and ride in the mountains.


What is the name of the tallest mountain near you? _____.
 How tall is that mountain? _____.

✓ **Parent/Teacher Check-off**
 Have a parent or teacher check your Training Log before you send it to Ski Utah (see address on next page) for your award.


Instructions

Color in one boulder for each training workout you complete. Check the *Activity List* for different types of workout activities (Running, Karate Kid, Flexed Arm Hang, etc.). Plan on completing your training in 6 weeks.

 Do at least 3 aerobic workouts per week.

 Do at least 2 strength units per week.
 Each strength workout should include

- a core strength exercise
- an upper body exercise
- a lower body exercise

 Do at least 1 skill workout per week.
 Each skill workout should include 2 skill activities from the *Activity List*.



 Parent's or teacher's signature

FIRST NAME		LAST NAME	
STREET ADDRESS		GRADE	
CITY	STATE	ZIP CODE	PHONE NUMBER

Mail your completed Training Log to:

Ski Utah Fitness Award
 150 West 500 South
 Salt Lake City, UT 84101

Please allow 4 to 6 weeks to receive your award.

Submitting your Fitness Log as an individual*

Complete the information above and mail your Fitness Log to Ski Utah by March 1, 2006 if you are earning your Fitness Award certificate and pin on your own.

Submitting your Fitness Log as a group*

The person in charge of your group should complete the above information (for example, a teacher or parent). Package this sheet together with the Fitness Logs for each participant and mail to Ski Utah by March 1, 2006. You will receive one pin and one certificate for each person submitting a completed Fitness Log.

Get fit early and be entered in our Fit Kid Drawing

*Complete your fitness training and submit your Fitness Log by January 15, 2006 and you will be entered in our Fit Kid Drawing for hats, gloves, goggles and lots of other cool prizes. Get started soon, January is getting closer every day!

Log on to www.skiutahlocals.com and visit the Fitness Award link for animated examples of activities and other information about



www.skiutahlocals.com

