

The Chinese University of Hong Kong  
Physical Education Unit (2020-2021 Term 2)

Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

PE Course Code: PHED \_\_\_\_\_

**Home Workout Training Log** (Log 1 / Log 2)

Please record down your workout experience. 請將你的運動經驗記錄下來。

	Date 日期	Duration 持續時間	Focus 目標	Brief Exercise Content 運動內容簡介	Sweating Index 爆汗指數	Experience Sharing 經驗分享
1	_____	_____	_____	_____ _____ _____	●●●●●	_____ _____ _____
2	_____	_____	_____	_____ _____ _____	●●●●●	_____ _____ _____
3	_____	_____	_____	_____ _____ _____	●●●●●	_____ _____ _____
4	_____	_____	_____	_____ _____ _____	●●●●●	_____ _____ _____
5	_____	_____	_____	_____ _____ _____	●●●●●	_____ _____ _____