Edgenuity Fitness Log

Name Sophia Moreno

Week of 12/4/22- 12/10/22



Strength Activity



Cardiorespiratory Activity



Flexibility Activity

Day	Activity	Notes	*	칺	K	Duration
SUN						
MON	Running	Outly early in the morning to go running with my Cross Country Team		V	-	1 tog 15 nas
TUE	Weight Francing	We downly office afection as a cross confly ham	· ·		~	1 how 30 mins
WED	Raning	Out up early in the morning to go running with my Cross Country Team.			¥.	1 hour and Kines
THU	Weight Training	Was did now profitting affects found as a source country found.	~			These Xines
FRI						
SAT	Long Solution romany	Nime long nor at Papage paik			¥	1 hour timing



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Responsive Education Solutions Staff

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