2026/27 Indoor Row Group 2K+/Day Challenge!

Team Member: | **# Yrs. Experience:**

November		December		January		February		March		April	
1	☐T ☐I	1	☐T ☐I	1	☐T ☐I	1	☐T ☐I	1	☐T ☐I	1	☐T ☐I
2	☐T ☐I	2	☐T ☐I	2	☐T ☐I	2	☐T ☐I	2	☐T ☐I	2	☐T ☐I
3	☐T ☐I	3	☐T ☐I	3	☐T ☐I	3	☐T ☐I	3	☐T ☐I	3	☐T ☐I
4	☐T ☐I	4	☐T ☐I	4	☐T ☐I	4	☐T ☐I	4	☐T ☐I	4	☐T ☐I
5	☐T ☐I	5	☐T ☐I	5	☐T ☐I	5	☐T ☐I	5	☐T ☐I	5	☐T ☐I
6	☐T ☐I	6	☐T ☐I	6	☐T ☐I	6	☐T ☐I	6	☐T ☐I	6	☐T ☐I
7	☐T ☐I	7	☐T ☐I	7	☐T ☐I	7	☐T ☐I	7	☐T ☐I	7	☐T ☐I
8	☐T ☐I	8	☐T ☐I	8	☐T ☐I	8	☐T ☐I	8	☐T ☐I	8	☐T ☐I
9	☐T ☐I	9	☐T ☐I	9	☐T ☐I	9	☐T ☐I	9	☐T ☐I	9	☐T ☐I
10	☐T ☐I	10	☐T ☐I	10	☐T ☐I	10	☐T ☐I	10	☐T ☐I	10	☐T ☐I
11	☐T ☐I	11	☐T ☐I	11	☐T ☐I	11	☐T ☐I	11	☐T ☐I	11	☐T ☐I
12	☐T ☐I	12	☐T ☐I	12	☐T ☐I	12	☐T ☐I	12	☐T ☐I	12	☐T ☐I
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15	☐T ☐I	15	☐T ☐I	15	☐T ☐I	15	☐T ☐I	15	☐T ☐I	15	☐T ☐I
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19	☐T ☐I	19	☐T ☐I	19	☐T ☐I	19	☐T ☐I	19	☐T ☐I	19	☐T ☐I
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23	☐T ☐I	23	☐T ☐I	23	☐T ☐I	23	☐T ☐I	23	☐T ☐I	23	☐T ☐I
24	☐T ☐I	24	☐T ☐I	24	☐T ☐I	24	☐T ☐I	24	☐T ☐I	24	☐T ☐I
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26	☐T ☐I	26	☐T ☐I	26	☐T ☐I	26	☐T ☐I	26	☐T ☐I	26	☐T ☐I
27	☐T ☐I	27	☐T ☐I	27	☐T ☐I	27	☐T ☐I	27	☐T ☐I	27	☐T ☐I
28	☐T ☐I	28	☐T ☐I	28	☐T ☐I	28	☐T ☐I	28	☐T ☐I	28	☐T ☐I
29	☐T ☐I	29	☐T ☐I	29	☐T ☐I			29	☐T ☐I	29	☐T ☐I
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		31	☐T ☐I	31	☐T ☐I			31	☐T ☐I		
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C		C		C		C		C		C	

Instruction: *Simply check each date that you rowed at least 2K (2,000m) whether it was a "Team Row" (at SCBS 2nd Floor Conference Room/Area) or "Individual Row" (at home or another location). At the end of the month total up all dates that you completed at least 2K and indicate it in the "T" (Total) line and calculate your seasonal (11/1 to 4/30) "Cumulative" total un the "C" line. Either update your "official" log sheet (located in the Team Binder at SCBS) as often as possible, or forward a copy of the above log (scan or take a clear photo) and forward to Tim at trenzelmann@physhealthnet.com.*