## **Team Saskatchewan Baseball Training Log Name:**

Week of:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Conditioning exercises completed	Mon	Tues	Wed	Thurs		Sat	Jun
Specific Baseball Training							
Nutrition:brief description daily intake of food and snacks							
Other comments : Other sports played that day or any pain or discomfort for that day or day of rest etc							