



# LAP IT UP CLUB MONTHLY TRAINING LOG



**\*\*Due by 5 p.m. on the first business day of the next month.\*\***

**INSTRUCTIONS:**

- (1) Register to become a Lap It Up Club (LIUC) member. Complete a registration form and submit it to HEALTH Plus. Download a registration form from the LIUC website (listed at the bottom of the page), pick one up from the HEALTH Plus drop box next to the Campus Recreation Center (CRC) front deck, or pick one up from the HEALTH Plus activity and information center.
- (2) Swim laps, *without fins*, at the CRC pool during the designated times for HEALTH Plus or at *any* pool.
- (3) Record how many laps you swim each visit to the pool (1 lap = 50 yards = down & back)
- (4) At the end of the month, total up the number of laps you swam.
- (5) Turn in your completed Monthly Training Log to HEALTH Plus by 5 p.m. on the first business day of the next month using any of the following submission methods: *(No retrospective lap counts.)*
  - a. Drop it off at the HEALTH Plus front desk
  - b. Fax it to HEALTH Plus at 343-3029
  - c. Send it through campus mail to: LIUC, HEALTH Plus  
201 25th Avenue South  
Nashville, TN 37240

NAME (PLEASE PRINT) : \_\_\_\_\_ PHONE: \_\_\_\_\_

MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

Date: _____ Monday	Date: _____ Tuesday	Date: _____ Wednesday	Date: _____ Thursday	Date: _____ Friday	Date: _____ Saturday	Date: _____ Sunday	Total Laps for Week

Date: _____ Monday	Date: _____ Tuesday	Date: _____ Wednesday	Date: _____ Thursday	Date: _____ Friday	Date: _____ Saturday	Date: _____ Sunday	Total Laps for Week

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Date: _____ Monday	Date: _____ Tuesday	Date: _____ Wednesday	Date: _____ Thursday	Date: _____ Friday	Date: _____ Saturday	Date: _____ Sunday	Total Laps for Week

For questions, call 343-9468.

TOTAL LAPS FOR MONTH: