

## COACH THOMAS - BEAVER WEIGHT LIFTING MASTER LOG SHEET

(Only Lifts Completed)

Date \_\_\_\_\_

BREAKS	PERIOD 1	DOT	LIFT #1	LIFT #2	LIFT #3	LIFT #4	WORKOUT
	Allison, Clay						
	Anderson, Braden						
	Ferris, Jake						
	Fitzgerald, Brynley						
	Fitzgerald, Jace						
	Haverfield, Michael						
	Johnston, Cole						
	Jones, Josey						
	King, Coby						
	Knight, Matt						
	Korpi, Wes						
	Lemieux, Andrew						
	Morast, Jade						
	Petersen, Kyndall						
	Peterson, Alfred						
	Peterson, Justus						
	Pittman, Kylee						
	Rakich, Bradley						
	Studeman, Logan						
	Sundquist, Hayle						
	Tezak, Brent						
	Truman, Cole						
	Walker, Tyler						
	Westman, Anders						
	Westman, Erik						

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Date \_\_\_\_\_

BREAKS	PERIOD 2	DOT	LIFT #1	LIFT #2	LIFT #3	LIFT #4	WORKOUT
	Applegate, Kassidy						
	Bair, Baylee						
	Belice, Brianna						
	Blatter, Payton						
	Bowman, Morgan						
	Bruce, Tiffani						
	Bugni, Erica						
	Garrison, Hailey						
	Greenslade, Graden						
	Harrison, Brandon						
	Johnson, Dylan						
	Johnson, Zane						
	Johnston, Tori						
	Jones, Ben						
	Kidd, Joe						
	Kirkley, Gabe						
	Lappe, Kaden						
	Merchant, Dawson						
	Morgan, Brooke						
	Ogurek, Jared						
	Payment, K'Leigh						
	Stewart, Halle						
	Wasser, Jessica						

