3 April 2020

MEMORANDUM FOR RECORD

FROM: C/Capt. Cole, Austin

SUBJECT: Fall PT Log - Week 2

1. The purpose of this MFR is to log my physical fitness (PT) workouts for Week 12

2. The following table details my PT Log for Week 12

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **30 Mar 2020** | **2 April 2020** | **3 April 2020** |
| **Duration** | 1hr 0min | 0hr 50min | 0hr 50min |
| **Workout** | -2 mile warm up  -2 mile@ 6:55/Mile  -3 minute rest  -2 mile@ 6:55/Mile  -recovery | -2 mile run  -Pushups  -Sit-ups  -Squats | -Pushups  -situps  -Squats  -Bench press  -Inclined press  -dumbell fly |

3. If there are any questions about this MFR, I can be reached at Aacole2@uh.edu or 936-648-1869.

//SIGNED//

Austin A. Cole, C/Capt,

POC, 3rd AFROTC Cadet Wing