*образе­ц оформления*

*титульный лист*

*(для дневника можно использовать тетрадь 48 листов)*

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| **СПОРТИВНЫЙ ДНЕВНИК**  Спортсмена **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  (ФИО)  Спортивная организация \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (наименование организации)  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

*2 и последующие страницы*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Дата тренировочного занятия: «\_\_\_\_» \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020 г.  Место проведения тренировочного занятия:   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Упражнения** | **Дозировка** | **показатели пульса** | | | **Комментарии занимающегося (самочувствие, ощущения, трудности** | | утром | тренировка | вечером | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | |