

NAME _____ PERIOD _____

**WISEBURN CROSSFIT P.E.
MISSING WORKOUT / HOME WOD ASSIGNMNET**

Go to: <http://wiseburncrossfit.org/home-wods> and select any Home/Travel WOD to complete at home and to receive full credit for a WOD you missed in class. While you are free to select any WOD, you may not complete the same WOD more than once.

In addition to filling in the workout information below for your home WOD, you must also:

- Video yourself completing the workout (or completing part of your workout if your workout involved a run), ideally with a cell phone
- Show your coach your recorded video when submitting this form
- Have a parent/guardian write and initial their name below to verify completion

DATE WOD WAS COMPLETED: _____

MY HOME WOD WAS (WRITE OUT IN SPACE BELOW):

WOD RESULTS (ex: your time, # rounds, etc): _____

PARENT NAME: _____ PARENT INITIALS: _____

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