

## Rowing Machine Log - Track Your Indoor Rowing Sessions

CHALLENGER NAME			CHALLENGE START DATE	TARGET CHARITY	- BASELINE 20-MIN DISTANCE (Session 1)	CURRENT BEST 20-MIN DISTANCE	IMPROVEMENT %
#	Session	Date and time	20-Min Distance	Avg Stroke Rate	Avg Split	Machine - Setting	Notes/Improvement
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		For safety ensure someone is nearby and aware you are using the rowing machine.					İ