

FITNESS ACTIVITY LOG

NAME: _____

PERIOD: _____

FITNESS CATEGORIES:

- Flexibility (3-7 times/week)
- Active Aerobics (3-6 times/week)
- Active Sports & Recreation (3-6 times/week)
- Muscular Fitness (2-3 times/weeks)

EXAMPLES:

- Gymnastics, yoga, stretching
- Jogging, biking, running, swimming, treadmill
- Soccer, basketball, hiking, dance, tennis
- Circuit training, weight training, bodyweight training

Example Day:

#1 Activity: Jogging	Time: 30 mins	
Fitness Category: Active Aerobics	Intensity:	
	70 BPM (HR1--mid point)	: 150 BPM (HR2--end)
 #2 Activity: Dynamic Stretching	Time: 15 mins	
Fitness Category: Flexibility		

Instructions on computing your target heart rate:

1. $208 - (\text{age} \times .7) = \underline{\hspace{2cm}}$ BPM (Maximum Heart Rate)
2. $\text{MHR} \underline{\hspace{1cm}} \times .65 = \underline{\hspace{2cm}}$ BPM (Target Threshold--lower end of target zone)
3. $\text{MHR} \underline{\hspace{1cm}} \times .90 = \underline{\hspace{2cm}}$ BPM (Target Ceiling--higher end of target zone)

***When you perform an active aerobic workout, your heart rate (HR) should be between the Target Threshold and the Target Ceiling.

***During the active aerobic workout, stop at the 15 minute mark and check your pulse (right or left side of the neck on the carotid artery) for 6 seconds and multiply by 10 to get your HR (Beats Per Minute--BPM). Repeat the same procedure at the end of your workout.

WEEK #1

DAY 1	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 2	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 3	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 4	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

WEEK #2

DAY 1	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 2	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 3	#1 Activity:	Time: _____ mins.		
	Fitness Category:	Intensity (BPM)		
		HR 1:	HR 2:	
	#2 Activity:	Time: _____ mins		
Fitness Category:				

DAY 4	#1 Activity:	Time: _____ mins.	
	Fitness Category:	Intensity (BPM)	
		HR 1:	HR 2:
	#2 Activity:	Time: _____ mins	
Fitness Category:			

Reflection Questions:

1. Circle the following fitness category that you spent the **MOST** time in:

Flexibility Active Aerobics Active Sports & Recreation Muscular Fitness

2. Circle the following fitness category that you spent the **LEAST** time in:

Flexibility Active Aerobics Active Sports & Recreation Muscular Fitness

3. In the next several weeks are there changes you will make to your workout regime, if so what changes will you implement?