

# Weekly Fitness and Activity Log

Week of: \_\_\_\_\_ This Week's Goals

Activity/Cardio: \_\_\_\_\_ sessions    How long? \_\_\_\_\_ minutes (ultimate goal is 30 to 60 minutes, 5 times a week)  
 Strength Building: \_\_\_\_\_ sessions    How long? \_\_\_\_\_ minutes (ultimate goal is 20 minutes, 2 or 3 times a week)  
 Stretching: \_\_\_\_\_ sessions    How long? \_\_\_\_\_ minutes (ultimate goal is 10 to 15 minutes, 3 or more times a week)

For each day of the week, note what you did and how long you did it.

DAY	PHYSICAL ACTIVITY/CARDIO (See note on intensity level*)	STRENGTH BUILDING	STRETCHING For each day, enter how many minutes of stretching you did.	TOTAL TIME TODAY	NOTES (Did you meet your goal? Did you work out longer than last week? Were you sore the next day?)
MONDAY	Activity: Intensity level: How long?	Exercise:  How long?			
TUESDAY	Activity: Intensity level: How long?	Exercise:  How long?			
WEDNESDAY	Activity: Intensity level: How long?	Exercise:  How long?			
THURSDAY	Activity: Intensity level: How long?	Exercise:  How long?			
FRIDAY	Activity: Intensity level: How long?	Exercise:  How long?			
SATURDAY	Activity: Intensity level: How long?	Exercise:  How long?			
SUNDAY	Activity: Intensity level: How long?	Exercise:  How long?			
<b>WEEKLY TOTALS</b>					

### About Your Goals

There are many opinions on how much you should exercise, but these are general guidelines for healthy people. Talk to your doctor about what's right for you, especially if you have an existing health condition. Set progressively more difficult goals each week, and don't aim for the ultimate goal your first week! You'll build up to that gradually.

- Physical Activity/Cardio includes everything from a brisk walk to a game of tennis to a vigorous spring housecleaning – anything that gets your heart rate up. Note what you did, how long you did it, and how intense\* the workout was.
- Strength-building exercises (lifting or pushing, usually with weights) target specific muscle groups.
- Stretching can be performed as part of your cardio cooldown session; aim for stretching at least 3 times a week.

\*Intensity level: If you can sing while you're exercising, enter "light" intensity. If you can talk, enter "moderate." If you're out of breath, enter "vigorous."