



Daily Fitness and Nutrition Journal



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FITNESS

Physical activity and exercise are key components of a wellness lifestyle. To live a long and healthy life, you must be active. The first part of this journal will help you develop a personalized plan for your fitness program. Once you are ready to put your plan into action, use the logs for weight training and for an overall exercise program to monitor the progress of your behavior change program.

First Steps

Before you begin to plan your fitness program, you should make sure that exercise is safe for you. If you are male and under 40 or female and under 50 and in good health, exercise is probably safe for you. If you are over these ages or have health problems, see your physician before starting an exercise program.

In addition, make sure that you are ready and motivated to increase your level of activity. Below, list the benefits and costs (pros and cons) of becoming more active and beginning a fitness program; include both short-term and long-term effects. Study your lists carefully. If you don't feel that the benefits of activity outweigh the costs, you'll have a more difficult time sticking with your program.

Benefits of increased physical activity:

Costs of increased physical activity:

Overall Program Plan

1. *Determine your current fitness status and activity level.* Below, briefly describe your current fitness status and activity level. What types of physical activity do you currently engage in? At what intensity and for how long? If you've performed formal fitness testing as part of a wellness or health course, include a summary of the results below.

Description of current activity/exercise habits:

Results of fitness tests (test name and results):

Are you satisfied with your current activity and fitness levels? Why or why not?

2. *Set goals.* Based on your analysis of the costs and benefits of fitness and your current activity and fitness levels, set goals for your fitness program. Your goals can be specific or general, short or long term. In the first section, include specific, measurable goals that you can use to track the progress of your fitness program. These goals might be things like raising your cardiorespiratory fitness rating or swimming laps for 30 minutes without resting. In the second section, include long-term and more qualitative goals, such as improving the fit of your clothes and reducing your risk for chronic disease.

For each of your specific fitness goals, include a reward for achieving the goal. Rewards should be special, inexpensive, and preferably unrelated to food or alcohol.

Specific fitness goals:

1. Current status: _____ Goal: _____
Target date: _____ Reward: _____
2. Current status: _____ Goal: _____
Target date: _____ Reward: _____
3. Current status: _____ Goal: _____
Target date: _____ Reward: _____
4. Current status: _____ Goal: _____
Target date: _____ Reward: _____
5. Current status: _____ Goal: _____
Target date: _____ Reward: _____

General goals:

1. _____
2. _____
3. _____
4. _____
5. _____

3. *Select activities.* Your program should be based around cardiorespiratory endurance exercise, but it should include activities that will develop all the different components of fitness. For example, your program might include bicycling, weight training, and stretching. Fill in the activities you've chosen on the overall program plan on the next page and check the components that each activity will develop.

For weight training and stretching programs, you will need to select specific exercises to strengthen and stretch the different muscles of the body. Turn the page and fill in the exercises you've chosen for the weight training and stretching program plans. For each exercise in your weight training program, select a starting weight and number of repetitions and sets; add these to the "Weight Training Program Plan."

4. *Apply the FIT principle by setting a target frequency, intensity, and time for each activity.* Add these to the program plan on the next page. For advice on choosing activities and for determining appropriate frequency, intensity, and time (duration), refer to your textbook, visit the Web site of the American College of Sports Medicine (www.acsm.org), or consult an appropriate fitness professional.
5. *Begin and monitor your program.* Use the logs provided here to monitor your progress (see the weight training logs on pp. 8–23 and the overall fitness program logs on pp. 24–25). Be sure to complete the built-in progress check-ups every 6 weeks. To further track changes in your fitness status, record your starting resting heart rate (taken after 10 minutes of complete rest) in beats per minute and your blood pressure.

Date: _____

Resting heart rate: _____ bpm Blood pressure: _____/_____

Overall Program Plan

Activities	Components (Check ✓)					Frequency (Check ✓)							Intensity*	Time (Duration)
	Cardiorespiratory	Muscular Strength	Muscular Endurance	Flexibility	Body Composition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1.														
2.														
3.														
4.														
5.														
6.														

*You should conduct activities for achieving CRE goals at your target heart rate or RPE value.

Weight Training Program Plan

Exercise	Muscle(s) developed	Weight (lb)	Repetitions	Sets

Weight Training Logs

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
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Weight Training

[illegible]

Weight Training

Exercise/Date								
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	Sets							
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Weight Training

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Weight Training

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