Daily Fitness Log

Daily Fitness Log

This booklet contains the following elements to help you plan and monitor your fitness program:

- Program plans
- Weight training logs
- Overall fitness program logs

Program Plans

1. *Set goals.*

   General fitness goals:

   1. _____

   2. _____

   3. _____

   4. _____

   5. _____

   Specific fitness goals and rewards for achieving them:

Goal	Target date	Reward
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

   The final page of this booklet contains a place for you to record milestones in your fitness program.

2. *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 for the overall program plan on the next page.

   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."

3. *Set a target intensity, duration, and frequency for each activity.* Add these to the program plan on the next page. (Refer to your textbook for instructions on how to determine appropriate intensity, duration, and frequency for each activity you've chosen.)

4. *Begin your program.* Use the logs provided here to monitor your progress. Record your fitness milestones on the final page of this booklet.

Overall Program Plan

Activities	Components (Check ✔)					Intensity*	Duration	Frequency (Check ✔)						
	Cardiorespiratory Endurance	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

Stretching Program Plan

Exercise	Area(s) stretched

Weight Training Logs

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