

Name _____

Log each time you participate in physical activity throughout the day. You should:

- Participate in a variety of activities that work on cardiovascular fitness, strength, endurance and flexibility.
 - Example activities: dancing, Pilates, walking, jogging, light weight training, body weight training.
- Be sure to start with a warm-up and end with a cool down that includes stretching.
- Aim to get at least 30 minutes of physical activity each day.

DAY/DATE	FITNESS COMPONENT	PHYSICAL ACTIVITY	INTENSITY	TIME
Day 1 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 2 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 3 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 4 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 5 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 6 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 7 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			

Reflection – On the back of this sheet or on another piece of paper explain the following prompts.

1. My biggest challenges this week were...
2. How can improve on these challenges next week by...
3. My biggest successes this week were...