

Weekly Fitness Activity Log

Name: _____

Date: _____

Aerobic Activities this week (ACSM recommends 150 minutes).

My goal is to complete aerobic activities (increase heart rate) for a total of _____ minutes this week.
Time of activity each day is logged in **minutes!**

Activity	Effort (1-5) #5 = intense	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Total Min.

This is the total number of minutes I increased my heart rate this week:

Strength and Flexibility Activities this Week (ACSM recommends two days per week of each).

My goal is to do strength exercises _____ days this week and flexibility exercises _____ days this week.

Activity	S = Strength F = Flexibility	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Total Number of Days

This is the total number of days that I did strength activities this week: _____ days.
This is the total number of days that I did flexibility activities this week: _____ days.

My personal challenge for next week is: