

Fitness Log (Example)

Keeping track of your activity can help you stay focused on your fitness goal. Use the logs on pages 39-42 to record what you **actually** do each day according to your fitness improvement plan. See the examples below on how you can apply principle of overload.

Week 1:

Let's say you set a goal to walk 20 minutes but you actually ended up walking for 30 minutes. Then on your Fitness Log, make sure to record 30 minutes of walking.

Day	Activities Done	Intensity (how hard)	Time (how long)	How did you feel?
Sun.	Warm-up <ul style="list-style-type: none"> Walk Curl-Ups Sec Plank Cool-down	<ul style="list-style-type: none"> Moderate 5 Curl-ups 5 Push-ups 	<ul style="list-style-type: none"> 30 min walk 3 sets of 5 curl-Ups 3 sets of 5 push-ups 	The walk was easy! The curl-ips and push-ups were hard

Week 3:

It is now week 3, time for you to analyze your workouts. Are they too easy? Too hard? Let's say you thought walking was too easy, and now you want to try jogging. This would be considered **principle of overload**. You are progressing in your cardiovascular component of fitness.

Day	Activities Done	Intensity (how hard)	Time (how long)	How did you feel?
Sun.	Warm-up <ul style="list-style-type: none"> Walk Jog Curl-Ups Sec Plank Cool-down	<ul style="list-style-type: none"> Moderate 8 Curl-Ups 8 push-ups 	<ul style="list-style-type: none"> 20 min walk 10 min jog 3 sets of 8 curl-Ups 3 sets of 8 push-ups 	I think I can jog a little longer tomorrow.

Week 1 Fitness Log

Day	Activities Done	Intensity (how hard)	Time (how long)	How did you feel?
Sun.				
Mon.				
Tues.				
Wed.				
Thurs.				
Fri.				
Sat.				