<h1 align="center">COMPLETING YOUR FITNESS LOG</h1>

Please save your log as noted below to a location on your computer that you will remember. Every week you will submit the *same* document with any previous information and the next appropriate log completed.

<p align="center">Save as: *firstinitial_lastname_fitnesslog*</p>
<p align="center">Example: *j_smith_fitnesslog*</p>

Cardio Section

Cardiovascular activity is any activity in which your body is in constant motion (such as walking, jogging, or biking). When performing cardio activities, your heart rate should be elevated and your breathing will increase.

Each log has a cardio section in which you record the cardio-respiratory activities that you completed throughout the week. A sample is shown below. Be sure to include the **date, activity details** (the more detail the better), **peak heart rate info** and **time spent**. *If you do not include heart rate information, you may not receive credit for your exercise!*

- **HR** = heart rate
- **10-15 min Heart Rate:** Take your heart rate after 10-15 minutes of vigorous exercise

CARDIO: Record your heart rate after 10-15 minutes of vigorous activity.

Date	Activity Detail	10-15 min HR	Time Spent
10-14	Jogging on treadmill at the gym; 2.3 miles	165 bpm	30 min
10-16	Elliptical machine at home, level 4 resistance, 5.0 pace	156 bpm	45 min
10-18	Jogging around neighborhood; about 2.5 miles	144 bpm	36 min
10-20	Cardio kickboxing class at the gym; went with my mom	170 bpm	50 min
Total Cardio Time			161 min

Strength Training Section

Strength Training is also known as **Resistance Training**. This is where your body is working with resistance to increase your muscular strength or endurance. There are some resistance activities you can do that require no equipment (such as push-ups and crunches). Refer to the exercise library for more strength training activities.

Each log has a strength training section in which you record the **date, exercise, equipment,** and **time spent**. A sample is shown below.

You can use the following abbreviations for exercise equipment.
- **DB** = dumbbells
- **BB** = barbell
- **RB** = resistance band
- **WM** = weight machine

It is recommended that you complete three **sets** of 8-12 repetitions (**reps**) of each exercise. After completing 8-12 repetitions (1 set), take a 1-2 minute break and repeat. You should use weight or resistance that is heavy enough that the last few repetitions are very difficult.

<p align="center">2</p>

STRENGTH TRAINING: Indicate the exercise and type of equipment used to work each muscle group.

Date	Back	Chest	Biceps	Triceps	Deltoid	Hams	Quads	Calves	Core	Other	Time Spent
10-14	Lat pull down/ WM	Bench press/BB	Bicep curl/BB	Tricep kickbacks/ DB	Deltoid lift/ DB				crunches	Wrist curls, DB	35min
10-16						Lunges/ DB, Hamcurl/ WM	Lunges/ DB, Squats /none	Calf raises/ DB	Upper, lower, & oblique crunches		20min
10-18									crunches, swimmer		5 min
Total Strength Training Time											**60min**

Flexibility Section

Flexibility refers to the elasticity of your muscles. You can increase your flexibility by stretching every day. You should stretch at the end of every workout session.

On your fitness log, simply indicate with an "X" which muscle groups you stretched each day and the total time you spent stretching. An example is below.

STRETCHING: Indicate with an "X" the muscles stretched each day. Include additional flexibility exercises at the bottom.

Date	Back	Chest	Biceps	Triceps	Deltoid	Hams	Quads	Calves	Core	Other	Time Spent
10-14	X	X	X	X	X	X	X	X	X	Neck	8 min
10-16	X	X			X	X	X	X			6 min
10-17	X	X	X	X	X					Wrist	5 min
10-18						X	X	X	X		4 min
10-20	X	X	X	X	X	X	X	X	X	Neck	15 min
10-19	Other Flexibility Exercises (specify):		Yoga								40 min
Total Stretching Time											**78 min**

ADDITIONAL INFO ABOUT YOUR FITNESS LOG

Q. Do I erase my previous information every week?
A. No. This is a progressive log. Each week you will submit the same document with your previous information as well as your current week's workout info.

Q. What day of the week do I start logging my exercise?
A. Logs begin on Saturday and end the following Friday.

Q. Do I still receive credit if I submit my log late?
A. Logs submitted more than one week past their completion date ***will NOT be accepted for credit.***

Q. What should I do if I'm unsure about logging an exercise?
A. If you are unsure what counts as exercise, please email your instructor for clarification.

Q. Does it matter if my log runs over to a second page?
A. No. Please take the space that you need to fill in your log accurately and provide all the necessary information.

Q. When does my parent need to submit verification?
A. A parent or guardian verification of your workouts is required approximately every four weeks.

Q. What if I am sick and can't exercise?
A. If you are sick or cannot complete a log, please let your instructor know. Then resume your exercise as soon as possible. There are a few weeks built in to the end of the course that you can use for make-up.

Q. What if I don't complete my three hour weekly requirement?
A. You should strive for three hours every week. However, if you haven't met the requirement, you should still submit your log for at least partial credit.

Q. What if I have read through this information and I still don't understand?
A. If you have any questions, please re-read these instructions, view the sample log, review the multimedia lessons in the course, and then ask your instructor.

WEEK OF: October 14th -20th

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10-17	X	X	X	X	X					Wrist	5 min
10-18						X	X	X	X		4 min
10-20	X	X	X	X	X	X	X	X	X	Neck	15 min
10-19	Other Flexibility Exercises (specify):	Yoga									40 min
Total Stretching Time											**78 min**

My total time spent exercising for fitness this week is		4 Hrs	59 Min

1. How did your workouts go this week? What went well? What can you improve on?

My workouts went well overall. On Tuesday and Thursday I had a really hard time being motivated to go workout in the afternoon; although that is the only time I had available. Also, I hadn't jogged outside before, so that was a different experience and a little harder than the treadmill because I had to set my own pace and I think I started a little too fast. Next week I want to try jogging outside again, but try to pace myself a little better so I don't get tired so quickly.

2. How well did you stick to your pre-planned workout schedule? Explain.
I hadn't planned on going to kickboxing with my mom, but I'm glad I did. It was a lot of fun!

3. What was the goal you set for this week's workouts and how well did you accomplish it?

My goal this week was to increase the amount of repetitions I do when strength training. I have used the same weight for several weeks now doing 8-10 repetitions. This week I was able to do 10-15 reps of every exercise.

4. What specifically will you do next week to increase the time, intensity, or resistance of ONE element of your workout?

Next week I want to maintain the number of reps on strength training and focus on my cardio. I want to work on increasing my speed on the elliptical to 6.5 for at least 20 minutes.

By typing my name below, I certify that I completed the exercises above according to the dates and times I specified. I understand that falsifying any information on this log is considered cheating, which will have serious consequences.

<u>X Jane Smith</u>   .