**Name:**

FITNESS LOG - #1

**Weekly Fitness Log:** The student will maintain and complete a weekly Fitness Log to monitor his/her personal exercise routine(s),. **You will be using the FITT Principle (Frequency / Intensity / Type / Time)**

**Activity Requirement**: You are to perform **a cardiovascular with a strength training activity on (5) different days during the week. Cardiovascular activities should include the following**:

* ***30 minutes*** *of non-stop exercise for higher intensity workouts* OR***30-60 minutes*** *of activity with a rest period for lower intensity workouts.* **Parental supervision and discretion is required!**

**Acceptable CARDIO Exercises / Activities:** running, lap swimming, biking, power walking, hiking, treadmill, stair climber/master, stationary bike (spinning), aerobic dance, cardio boxing, home gym equipment, individual or team sports, circuit/cross training, cardio-resistance training, jump roping, Yoga and Pilates, etc.. ***Remember, the overall goal is to move and have fun.*** Be creative; you may want to make this a family event or routine, such as a family bike ride. DO NOT just say that you played basketball. Describe the cardio intensity of the basketball. Did you play a 1v1 or 2v2 game or were you just shooting around? **You need your HR (heart rate) elevated into your THR (target heart rate) during the entirety of the exercise.**

**Acceptable STRENGTH TRAINING / ED Exercises / Activities:** These types of activities target strength training of large and specific muscle groups. They may include a home gym weightlifting system and/or barbell. This looks like a gym circuit training, weightlifting machine workout that works the entire body. You can also add some ED (everyday) exercises like we do during class. These might include leg lifts, abdominal planking, push-ups, sit-ups, air squats, etc. Include in your description how many repetitions per set.

**Coach Stevens ED (Everyday) Program:**

**Stretch, 3 sets/20 or more sit-ups/crunches, 3 sets/10 push-ups, 3 sets/20 air squats.**

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| **Day** | **Cardiovascular AND/OR Strength Activities****Note: Describe exercises w/ detail. Tell intensity levels. List YouTube titles or URL’s.** | **30 or more Minutes****\*\*\*Total Time\*\*\*****(Cardio)** **+****(Weightlifting / ED’s)** |
| **M** | **Cardio Description:** **ED/Weightlifting Description:**  |  **(total min.)** |
| **Tue**  | **Cardio Description:** **ED/Weightlifting Description:**  |  **(total min.)** |
| **Wed**  | **Cardio Description:** **ED/Weightlifting Description:**  |  **(total min.)** |
| **Thur**  | **Cardio Description:** **ED/Weightlifting Description:**  |  **(total min.)** |
| **Fri**  | **Cardio Description:** **ED/Weightlifting Description:**  |  **(total min.)** |