

Name: _____ Period: _____ Roll Number: _____

FITNESS LOG

Weekly Fitness Log: The student will maintain and complete a weekly Fitness Log to monitor his/her personal exercise routine(s), which is signed by a parent and turned in on the assigned due date.

Activity Requirement: You are to perform **a cardiovascular activity on (3) different days during the week.**

Cardiovascular activities should include the following:

- Use large muscle groups that increases heart rate
- *20-30 minutes of non-stop exercise for higher intensity workouts.*
- *30-40 minutes of activity with a rest period for lower intensity workouts.* For safety purposes, the parent must approve and monitor the activity. Most students will be tracking their normally scheduled gym and/or sports programs.

Acceptable Exercises / Activities: running, lap swimming, cross country or downhill skiing/snowboarding, biking, power walking, rowing, hiking, treadmill, stair climber/master, stationary bike (spinning), aerobic dance, cardio kick-boxing, rollerblading, racquet sports, various team sports (e.g.: soccer, basketball, lacrosse, hockey, football), ultimate frisbee, disc golf, interval training, circuit/cross training, cardio-resistance training, plyometric-cardio training, 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. Parental supervision and discretion is required!

WEEK 1

<u>Date</u>	<u>Cardiovascular Exercise / Activity</u>	<u>Time / Duration</u>

WEEK 2

<u>Date</u>	<u>Cardiovascular Exercise / Activity</u>	<u>Time / Duration</u>

Additional Exercise Routines (weight lifting/resistance training)

<u>Date</u>	<u>ANY Strength Training Activities</u>	<u>Time / Duration</u>

Parent Signature: _____