



# Fitness for Life™

## 10-Week Fitness Log

### \*Fitness/Wellness Points

Aerobic points: *Choose one method*  
 -Aerobic exercise time, 15 min = 1pt  
 -Aerobic miles, each mile = 1 pt  
 -Steps, each 2000 steps beyond 2000 = 1 pt  
 Strength/Stretching, 1pt/day for 15+ min  
 Wellness Challenge, 1 pt/day if met

Goal Weight	Weekly Weight	Waist Girth	Resting Pulse	Time in Exercise*	Aerobic Exercise*	Aerobic Miles/Steps*	Strength-Stretching*	Wellness Challenge*
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Week 1	Pounds	Inches	B/Min	Minutes	Points	Miles/Steps	Points	Pts-Water 6+
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-1								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

Week 2	Breakfast							
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-2								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

Week 3	Fruit/Veg 5+							
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-3								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

Week 4	Healthy Fats							
Sun								
Mo								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-4								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

Week 5	Eat for Weight Control							
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-5								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

Goal Weight Weekly Weight Waist Girth Resting Pulse Time in Exercise\* Aerobic Exercise\* Aerobic Miles/Steps\* Strength-Stretching\* Wellness Challenge\*

**Week 6**

	Pounds	Inches	B/Min	Minutes	Points	Miles/Steps	Points	Points-Eat for Wt.
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-6								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

**Week 7**

3+ Wh. Grains daily

Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-7								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

**Week 8**

2-3 Calcium Foods

Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-8								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

**Week 9**

Stress Reduction

Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-9								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

**Week 10**

Nuts Daily

Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-10								

No. of days you exercised 30+ min.  
\_\_\_\_\_

Total points for the week\*  
\_\_\_\_\_

**Totals**

<b>Beginning</b>	Body Weight	_____	<b>Ending</b>	Body Weight	_____
	Total Cholesterol	_____		Total Cholesterol	_____
	HDL Cholesterol	_____		HDL Cholesterol	_____
	Resting heart rate	_____		Resting heart rate	_____
	Blood Pressure	_____/_____		Blood Pressure	_____/_____