



# Fitness for Life

## 10-Week Fitness Log

### \*Fitness/Wellness Points

Aerobic exercise, 15 min = 1pt.  
 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 Mile**   **Strength-Stretching\***   **Wellness Challenge\***

<b>Week 1</b>	Pounds	Inches	B/Min	Minutes	Points	Miles	Points	Points-Water
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-1								

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

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

<b>Week 2</b>	Breakfast							
	Pounds	Inches	B/Min	Minutes	Points	Miles	Points	Points-Water
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-2								

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

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

<b>Week 3</b>	Fruit/Veg							
	Pounds	Inches	B/Min	Minutes	Points	Miles	Points	Points-Water
Sun								
Mon								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-3								

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

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

<b>Week 4</b>	Healthy Fats							
	Pounds	Inches	B/Min	Minutes	Points	Miles	Points	Points-Water
Sun								
Mo								
Tue								
Wed								
Thr								
Fri								
Sat								
Summary-4								

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

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

<b>Week 5</b>	Eat for Wt Control							
	Pounds	Inches	B/Min	Minutes	Points	Miles	Points	Points-Water
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 Mile	Strength-Stretching*	Wellness Challenge*
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**Week 6**

	Pounds	Inches	B/Min	Minutes	Points	Miles	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	_____/_____