

## Health & Fitness Exercise Log

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Period: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Frequency = How many days per week exercising

Should exercise 6-7 days a week.

Intensity = How hard working out (exercise heart rate)

Should exercise within target heart rate zone (150-190).

Time = How long working out (minutes)

Should exercise for a minimum of 30-60 min. each day

Type = Type of activity

Should include each type of activity, each week.

(Aerobic, Anaerobic, Muscular strength & endurance)

**Week 1 - Dates:** \_\_\_\_\_

Required	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals
<b>Activity:</b>								F-
<b>Time:</b>								I -
<b>EHR:</b>								T-
								T-

**Week 2 - Dates:** \_\_\_\_\_

Required	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals
<b>Activity:</b>								F-
<b>Time:</b>								I -
<b>EHR:</b>								T-
								T-

**Week 3 - Dates:** \_\_\_\_\_

Required	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals
<b>Activity:</b>								F-
<b>Time:</b>								I -
<b>EHR:</b>								T-
								T-

**Reflection and Improvement Ideas:** Based on the FITT principle and all that you should be getting, reflect on your last three weeks of exercise and tell how you could improve your fitness level.

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## Health & Fitness Nutrition Log

Pick **one** day each week to keep track of what you eat. Use tally marks to record the number of servings you eat in that **one** day. The servings below are how many you should eat each day and how big each serving size should be.

**Week 1 - Day (Date):** \_\_\_\_\_

<b>Grains</b> <b>8 servings</b> Make $\frac{1}{2}$ of your grains whole <b>6 ozs</b>	<b>Vegetables</b> <b>3-5 servings</b> Eat dark green & orange vegis and beans <b>2 <math>\frac{1}{2}</math> cups</b>	<b>Fruits</b> <b>2-4 servings</b> Eat a variety and eat fresh  <b>2 cups</b>	<b>Milk/Dairy</b> <b>3 servings</b> Go low fat or fat free  <b>3 cups</b>	<b>Meat &amp; Beans</b> <b>3 servings</b> Choose low fat or lean meats, peas, nuts, and seeds <b>5 <math>\frac{1}{2}</math> ozs</b>	<b>Water</b> <b>8 glasses</b>	<b>Junk Food</b> <b>0 servings</b>

**Week 2 - Day (Date):** \_\_\_\_\_

<b>Grains</b> <b>8 servings</b> Make $\frac{1}{2}$ of your grains whole <b>6 ozs</b>	<b>Vegetables</b> <b>3-5 servings</b> Eat dark green & orange vegis and beans <b>2 <math>\frac{1}{2}</math> cups</b>	<b>Fruits</b> <b>2-4 servings</b> Eat a variety and eat fresh  <b>2 cups</b>	<b>Milk/Dairy</b> <b>3 servings</b> Go low fat or fat free  <b>3 cups</b>	<b>Meat &amp; Beans</b> <b>3 servings</b> Choose low fat or lean meats, peas, nuts, and seeds <b>5 <math>\frac{1}{2}</math> ozs</b>	<b>Water</b> <b>8 glasses</b>	<b>Junk Food</b> <b>0 servings</b>

**Week 3 - Day (Date):** \_\_\_\_\_

<b>Grains</b> <b>8 servings</b> Make $\frac{1}{2}$ of your grains whole <b>6 ozs</b>	<b>Vegetables</b> <b>3-5 servings</b> Eat dark green & orange vegis and beans <b>2 <math>\frac{1}{2}</math> cups</b>	<b>Fruits</b> <b>2-4 servings</b> Eat a variety and eat fresh  <b>2 cups</b>	<b>Milk/Dairy</b> <b>3 servings</b> Go low fat or fat free  <b>3 cups</b>	<b>Meat &amp; Beans</b> <b>3 servings</b> Choose low fat or lean meats, peas, nuts, and seeds <b>5 <math>\frac{1}{2}</math> ozs</b>	<b>Water</b> <b>8 glasses</b>	<b>Junk Food</b> <b>0 servings</b>

**Reflection and Improvement ideas:** Based on how many servings you are suppose to have every day and the quality of the food you eat from each group, how could you improve on your eating habits? Are there any patterns to your eating that you could avoid or continue to help you?

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