

EXERCISE LOG

Use this chart to track your Exercise.

- Add the Date
- Check Mark the Type of Workout for that day
- Describe your workout. Writing down the numbers of sets, reps, weights, times, and scores.

The Bonus exercise is a chance for you to stay active during the day!

- Add in some push ups before each meal
- Do some squats before you sit down each time
- Walk from the back of parking lots
- Take the stairs, not the elevator
- Do some sit ups before your shower
- Extra stretching before bed
- Throw in some lunges, hold a plank, do jumping jacks, burpees or any other exercises that may challenge you throughout the day!

An Example of how you can record your workouts.

Challenge yourself to the bonus exercises.

How many extra push ups can you do in a week?

Write in your workouts and any notes that may help you progress and maybe lift heavier or go faster next time.

<p>Date: <u>Nov. 1, 2019</u></p> <p style="text-align: center;">WORKOUT</p> <p>Body Building <input type="checkbox"/> HIIT <input checked="" type="checkbox"/> Functional Fitness <input type="checkbox"/> <small>Sets x Reps Timed Movements Timed # of Reps</small></p> <p><u>Do something Day 11</u> <u>TABATA</u> <u>Mt. Climbers</u> <u>DB shoulder Press: 25 Pounds DB's</u> <u>DB Goblet Squat: 45 pound DB</u> <u>Push Ups</u></p>	<p>Bonus Exercise! <small>Every Bit Counts</small></p> <p>Push Ups: <u>15</u> <u>10</u> <u>20</u> <u>45</u></p> <p>Sit Ups: <u>—</u></p> <p>Squats: <u>20</u> <u>before each meal</u> <u>60</u></p> <p>Flights Of Stairs: <u>12</u></p> <p>Walking: <u>—</u></p> <p>Yoga or Stretching: <u>5mins</u></p> <p>Others: <u>Plank</u> <u>1 min after each set of Push Up</u></p>
<p>Date: <u>Nov. 2, 2019</u></p> <p style="text-align: center;">WORKOUT</p> <p>Body Building <input type="checkbox"/> HIIT <input type="checkbox"/> Functional Fitness <input checked="" type="checkbox"/> <small>Sets x Reps Timed Movements Timed # of Reps</small></p> <p><u>Do something Day 12</u> <u>- 5 mins of Jump Rope: Singles mostly</u> <u>Some Double Unders.</u> <u>- For Time: 7:52</u> <u>15-12-9-6-3 Reps of</u> <u>Thrusters: 45lb BB.</u> <u>Burpees</u></p>	<p>Bonus Exercise! <small>Every Bit Counts</small></p> <p>Push Ups: <u>—</u></p> <p>Sit Ups: <u>25</u> <u>25</u> <u>30</u> <u>60</u></p> <p>Squats: <u>—</u></p> <p>Flights Of Stairs: <u>9</u></p> <p>Walking: <u>10min</u> <u>After Dinner</u></p> <p>Yoga or Stretching: <u>5min before Bed</u></p> <p>Others: <u>—</u></p>

Date: _____

W O R K O U T

Body Building
Sets x Reps

HIIT
*Timed
Movements*

Functional Fitness
Timed # of Reps

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Bonus Exercise! *Every Bit Counts*

- ◆ Push Ups: _____
- ◆ Sit Ups: _____
- ◆ Squats: _____
- ◆ Flights _____
Of Stairs:
- ◆ Walking: _____
- ◆ Yoga or _____
Stretching:
- ◆ Others: _____

Date: _____

W O R K O U T

Body Building
Sets x Reps

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Of Stairs:
- ◆ Walking: _____
- ◆ Yoga or _____
Stretching:
- ◆ Others: _____