

NAME \_\_\_\_\_ PERIOD \_\_\_\_\_ DUE DATE \_\_\_\_\_

TEACHER \_\_\_\_\_ A or B Day

### FITNESS LOG

Exercise at least 30 times a quarter, 20 – 30 minutes minimum, then record it.

	<b>Frequency</b> (Date you are doing activity)	<b>Type</b> (What you did for activity)	<b>Time</b> (How long you did the activity)	<b>Intensity</b> (Low, Medium, and High)	<b>Components</b> (Cardio, Strength, Flex. and Muscular End.)
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