NAME:

Weekly Fitness Journal

Using this website: **darebee.com** (click on **workout of the day**)

Fill out the exercises or activity you preformed each day that allowed you to remain active.

Week #: 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  |  |
| **Circle the Type**:  Cardio  Strength | **Circle the Type**:  Cardio  Strength | **Circle the Type**:  Cardio  Strength | **Circle the Type**:  Cardio  Strength | **Circle the Type**:  Cardio  Strength |
| **Activity/ Exercises** (What did you do?): | **Activity/Exercises:** | **Activity/ Exercises:** | **Activity/ Exercises:** | **Activity/ Exercises:** |
| **Minutes** (For how long?):    -OR-  **Repetitions** (The number of each exercise you performed): | **Minutes:**  -OR-  **Repetitions:** | **Minutes:**  -OR-  **Repetitions:** | **Minutes:**  -OR-  **Repetitions:** | **Minutes:**  -OR-  **Repetitions:** |

**Use this as an outline. Complete the rest of the weeks on line paper.**