

# Personal Fitness Plan Activity Log

Week's Beginning Date: \_\_\_\_\_

**WEEK ONE**

Fill in the correct beginning date above. Use the lines to log your activities and indicate the intensity and time. Your log should show complete thought and effort and be as detailed as possible.

Day	Fitness Category	Activity	Intensity	Time
<b>SUNDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>MONDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>TUESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>WEDNESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>THURSDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>FRIDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>SATURDAY</b>	Cardio			
	Strength Endurance			
	FLEX			

# Personal Fitness Plan Activity Log

Week's Beginning Date: \_\_\_\_\_

**WEEK TWO**

Fill in the correct beginning date above. Use the lines to log your activities and indicate the intensity and time.  
Your log should show complete thought and effort and be as detailed as possible.

Day	Fitness Category	Activity	Intensity	Time
<b>SUNDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>MONDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>TUESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>WEDNESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>THURSDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>FRIDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>SATURDAY</b>	Cardio			
	Strength Endurance			
	FLEX			

# Personal Fitness Plan Activity Log

Week's Beginning Date: \_\_\_\_\_

**WEEK THREE**

Fill in the correct beginning date above. Use the lines to log your activities and indicate the intensity and time.  
Your log should show complete thought and effort and be as detailed as possible.

Day	Fitness Category	Activity	Intensity	Time
<b>SUNDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>MONDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>TUESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>WEDNESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>THURSDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>FRIDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>SATURDAY</b>	Cardio			
	Strength Endurance			
	FLEX			

# Personal Fitness Plan Activity Log

Week's Beginning Date: \_\_\_\_\_

**WEEK FOUR**

Fill in the correct beginning date above. Use the lines to log your activities and indicate the intensity and time.  
Your log should show complete thought and effort and be as detailed as possible.

Day	Fitness Category	Activity	Intensity	Time
<b>SUNDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>MONDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>TUESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>WEDNESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>THURSDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>FRIDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>SATURDAY</b>	Cardio			
	Strength Endurance			
	FLEX			

# Personal Fitness Plan Activity Log

Week's Beginning Date: \_\_\_\_\_

**WEEK FIVE**

Fill in the correct beginning date above. Use the lines to log your activities and indicate the intensity and time.  
Your log should show complete thought and effort and be as detailed as possible.

Day	Fitness Category	Activity	Intensity	Time
<b>SUNDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>MONDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>TUESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>WEDNESDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>THURSDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>FRIDAY</b>	Cardio			
	Strength Endurance			
	FLEX			
<b>SATURDAY</b>	Cardio			
	Strength Endurance			
	FLEX			