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
SUNDAY	Cardio Strength Endurance FLEX			
MONDAY	Cardio Strength Endurance FLEX			
TUESDAY	Cardio Strength Endurance FLEX			
WEDNESDAY	Cardio Strength Endurance FLEX			
THURSDAY	Cardio Strength Endurance FLEX			
FRIDAY	Cardio Strength Endurance FLEX			
SATURDAY	Cardio Strength Endurance FLEX			

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
$\Gamma_{\rm v}$	Cardio			
SUNDAY	Strength Endurance			
7S	FLEX			
AT	Cardio			
MONDAY	Strength Endurance			
W	FLEX			
4.7	Cardio			1
TUESDAY	Strength Endurance			
TU	FLEX			
DAY	Cardio			
WEDNESDAY	Strength Endurance			
WE	FLEX			
AY	Cardio			
THURSDAY	Strength Endurance			
ТН	FLEX			
Y	Cardio			
FRIDAY	Strength Endurance			
F	FLEX			
AY	Cardio			
SATURDAY	Strength Endurance			
SAT	FLEX			

Personal Fitness Plan Activity Log				
V	Week's Beginning Date:			EE
Fill i		eginning date above. Use the lines to log your activities log should show complete thought and effort and be as		
Day	Fitness Category	Activity	Intensity	Time
X	Cardio			
SUNDAY	Strength Endurance			
S	FLEX			
I.Y	Cardio			
MONDAY	Strength Endurance			
W	FLEX			
TUESDAY	Cardio			
	Strength Endurance			
	FLEX			

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
SUNDAY	Cardio Strength Endurance FLEX			
MONDAY	Cardio Strength Endurance FLEX			
TUESDAY	Cardio Strength Endurance FLEX			
WEDNESDAY	Cardio Strength Endurance FLEX			
THURSDAY	Cardio Strength Endurance FLEX			
FRIDAY	Cardio Strength Endurance FLEX			
SATURDAY	Cardio Strength Endurance FLEX			

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
SUNDAY	Cardio			
	Strength Endurance FLEX			
I.Y	Cardio			
MONDAY	Strength Endurance			
	FLEX			
AY	Cardio			
TUESDAY	Strength Endurance			
T	FLEX			
DAY	Cardio			
WEDNESDAY	Strength Endurance			
WE	FLEX			
AY	Cardio			
THURSDAY	Strength Endurance			
ТН	FLEX			
Y	Cardio			
FRIDAY	Strength Endurance			
E	FLEX			
AY	Cardio			
SATURDAY	Strength Endurance			
SAT	FLEX			