



# FITT LOG

Name \_\_\_\_\_ Date \_\_\_\_\_

Circle the *type* of activity that you are doing.

Aerobic      Muscular strength and endurance      Flexibility

Month \_\_\_\_\_

Choose an activity that matches the *type* of log that you are working on. Track your participation in that activity for one month using the chart that follows. Refer to the FITT Log Worksheet for additional directions about goal setting.

Activity selected \_\_\_\_\_

	Week 1	Week 2	Week 3	Week 4
<b>Frequency</b> (how often) If you participated in your activity put a "Yes" next to the day of the week; if not put a "No."	Mon	Mon	Mon	Mon
	Tue	Tue	Tue	Tue
	Wed	Wed	Wed	Wed
	Thurs	Thurs	Thurs	Thurs
	Fri	Fri	Fri	Fri
	Sat	Sat	Sat	Sat
	Sun	Sun	Sun	Sun
<b>Intensity</b> (how hard) Write "low," "moderate," or "high" next to the day of the week to indicate the overall intensity of the activity.	Mon	Mon	Mon	Mon
	Tue	Tue	Tue	Tue
	Wed	Wed	Wed	Wed
	Thurs	Thurs	Thurs	Thurs
	Fri	Fri	Fri	Fri
	Sat	Sat	Sat	Sat
	Sun	Sun	Sun	Sun
<b>Time</b> (how long) Write the number of minutes that you participated in the activity next to the day of the week.	Mon	Mon	Mon	Mon
	Tue	Tue	Tue	Tue
	Wed	Wed	Wed	Wed
	Thurs	Thurs	Thurs	Thurs
	Fri	Fri	Fri	Fri
	Sat	Sat	Sat	Sat
	Sun	Sun	Sun	Sun