



AEROBIC FITNESS: CROSS-TRAINING ACTIVITIES LOG

Name _____ Date _____

1. Choose three aerobic fitness activities from at least two of the categories in the following chart (moderate to vigorous pace).

Sample Activity Chart

Mainly stresses arms	Mainly stresses legs	Whole body
Rowing machine Raking leaves Shoveling snow Swimming laps	Running Soccer Walking Dancing Jogging Biking In-line skating	Cardio kickboxing Aerobic dance Basketball Tennis Swimming laps (if you remember to use your legs a lot)

Note: Biking, swimming laps, and walking have the lowest overall impact on joints.

2. Participate in each of the three types of activities for 20 to 60 minutes each in the coming week (not counting warm-up and cool-down). Remember to warm up and cool down properly for 3 to 5 minutes at the beginning and end of each workout.
3. Record your activity in the log.

	Date	Type: aerobic fitness activity	Type: main muscles worked	Time: target heart rate zone	Notes
Sample log entry	1/23/11	Jogging	Legs	32 minutes	Slow start. Felt good through most of it, though. Go 3 minutes longer next time?
Plan					
Actual: week 1					
Actual: week 2					
Total			Legs/arms/ whole body (circle which ones)	Time	