



FITT LOG WORKSHEET

Name _____ Date _____

Use this sheet to gather your baseline data, to set goals, and to monitor your progression.

	Week 1	Week 2	Week 3	Week 4
Frequency (how often) How many days of the week did you participate in your activity?	Total days	Total days	Total days	Total days
Intensity (how hard) How many days of the week was your overall activity low, moderate, or high?	Total days low	Total days low	Total days low	Total days low
	Total days moderate	Total days moderate	Total days moderate	Total days moderate
	Total days high	Total days high	Total days high	Total days high
Time (how long) How many minutes did you participate in your activity for the week?	Total minutes	Total minutes	Total minutes	Total minutes
Directions				
1. For the first week of the activity you should simply monitor your activity by filling in your log. 2. Before the second week begins you should set a goal that would increase one training area. For example, you could decide to increase the <i>frequency</i> by one day a week, increase the <i>intensity</i> of your activity one day a week, or increase the total <i>time</i> of exercise for the week.				
Goal				
Week 2				
Week 3				
Week 4				