

Use the charts on the following pages, or create your own “Fitness Journal” to track your activities and exercise.

EXAMPLE Activities	Muscular Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance	Coordination
1. 10 push ups, 10 situps, 10 Jumping jacks	X			X -if you do them quickly, in a row, repeating sets for a period of time.	X	X
2. Shooting hoops			X	X	X	X
3. Yoga for 15 minutes	X	X	X		X	X
4. Bike riding with family	X		X	X	X	X

You do not have to have 4 different activities each day. Some days, you may only have one and that is okay! If you have more than 4, just add them at the bottom. Keeping track of our activities helps keep us accountable and on-track in maintaining good health and fitness.

Weekly Fitness Chart

List your activities, game and exercises. Place a check under each fitness concept that is applied while participating. Try to have at least ONE X under each concept every day! Have fun!

DAY 1 Activities	Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance
1.					
2.					
3.					
4.					

DAY 2 Activities	Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance
1.					
2.					
3.					

4.					
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DAY 3 Activities	Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance
1.					
2.					
3.					
4.					

DAY 4 Activities	Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance
1.					
2.					
3.					
4.					

DAY 5 Activities	Strength	Flexibility	Balance	Cardio Endurance	Muscular Endurance
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1.					
2.					
3.					
4.					