**Two Week Daily Fitness Log**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Due: 1/23/18** Period:\_\_\_\_\_

**Directions:** Everyday record any exercise that you have completed outside of school. You may identify several per day, just use different rows. If you did not participate in any form of exercise please indicate that on the corresponding row (ex: “No Exercise”).

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| **Date** | **Exercise** | **Muscle(s) Exercised**  (Including cardio) | **Duration**  (How long) | **Intensity**  (How hard)  Low, moderate, vigorous |
| **(EXAMPLE)**  8/25/17 | Bike Ride | Cardio, quadriceps, hamstrings, soleus, and gastrocnemius… | 45 minutes | Vigorous |
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