Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Personal Fitness Log/Goal Setting** Period: \_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Muscles**  (use back if necessary) | **Pre-Assess Results** | **Goal** | **Ways to improve results in daily life** | **Out of school**  **physical activity as it relates to a category** | **Duration** | **Intensity**  (low, moderate, high) |
| **Pull-ups**  (#/min.)  *example* | *Biceps, shoulders, triceps…* | *15/min* | *25/min* | *@Red Lobster- shoulder press tray while walking to table.* | *Lat pull down cables* | *3 sets of 10 reps* | *moderate* |
| **Push-ups**  (#/min.) |  |  |  |  |  |  |  |
| **Sit-ups**  (#/min.) |  |  |  |  |  |  |  |
| **Shuttle Run**  (seconds) |  |  |  |  |  |  |  |
| **Pacer**  (lap #) |  |  |  |  |  |  |  |
| **V-Sit**  (inches) |  |  |  |  |  |  |  |
| **Mile** |  |  |  |  |  |  |  |