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** |  |  |  |  |  |  |  |