

Name:

Section:

Week of:

Fitness Log

Record the type of exercise & how long you did it for each day.

Day:	Type of Exercise:	Time Spent:
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Day:	Type of Exercise:	Time Spent:
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Parent X: _____