FITNESS LOG

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ WEEK\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| DAY & DATE | FITNESS  ACTIVITY | DURATION IN MINUTES | INTENSITY  (LOW, MODERATE, OR VIGOROUS) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |



[This Photo](https://communityactionmk.org/2016/09/07/be-active-help-out-get-rewarded/) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/)