Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour: \_\_\_\_\_

**Fitness Log**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Time** |  | **Heart Rate**(Optional) |  |
|   | **Date** | **Start** | **Finish** |  **Description of Activity** | **Start** | **During** | **End** | **What intensity level are you at?** |
| **1** |   |   |   |   |   |   |   |   |
| **2** |   |   |   |   |   |   |   |   |
| **3** |   |   |   |   |   |   |   |   |
| **4** |   |   |   |   |   |   |   |   |
| **5** |   |   |   |   |   |   |   |   |
| **6** |   |   |   |   |   |   |   |   |
| **7** |   |   |   |   |   |   |   |   |
| **8** |   |   |   |   |   |   |   |   |
| **9** |   |   |   |   |   |   |   |   |
| **10** |   |   |   |   |   |   |   |   |
| **11** |   |   |   |   |   |   |   |   |
| **12** |   |   |   |   |   |   |   |   |