EXERCISE REQUIREMENTS

1. You are required to have 12 weeks of physical activity for this course.
2. Your weekly workouts must equal at least 3 hours of physical activity accumulated over at least three days of the week.
3. Each week’s workouts must include elements of cardio, strength, and flexibility training as outlined below.

CARDIO

- **Minimum of 90 minutes of cardio per week**
- Specify which cardio activities
- Cardio workouts, ideally, can be done every day of the week
- A cardio workout means that your heart rate is elevated within your target zone (approximately 135-180 bpm)

STRENGTH

- **Minimum of 30 minutes of strength training per week**
- Specify which muscles worked and with what equipment
- You should work every major muscle or muscle group at least once during the week
- Remember, when strength training you should allow your muscles to rest for at least 48 hours before working the same muscles again
- If you want to strength train every day, alternate upper body one day and lower body the next

FLEXIBILITY

- **Minimum** of 5-10 minutes of stretching at the end of every cardio or strength training workout
- Other optional flexibility workouts such as yoga or Pilates can be included as well

*Note: A warm-up and cool down is implied and should be included in every workout session.*
COMPLETING YOUR FITNESS LOG

Please save your log as noted below to a location on your computer that you will remember. Every week you will submit the same document with any previous information and the next appropriate log completed.

Save as: firstinitial_lastname_fitnesslog
Example: j_smith_fitnesslog

Cardio Section
Cardiovascular activity is any activity in which your body is in constant motion (such as walking, jogging, or biking). When performing cardio activities, your heart rate should be elevated and your breathing will increase.

Each log has a cardio section in which you record the cardio-respiratory activities that you completed throughout the week. A sample is shown below. Be sure to include the date, activity details (the more detail the better), peak heart rate info and time spent. If you do not include heart rate information, you may not receive credit for your exercise!

- HR = heart rate
- 10-15 min Heart Rate: Take your heart rate after 10-15 minutes of vigorous exercise

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Detail</th>
<th>10-15 min HR</th>
<th>Time Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-14</td>
<td>Jogging on treadmill at the gym; 2.3 miles</td>
<td>165 bpm</td>
<td>30 min</td>
</tr>
<tr>
<td>10-16</td>
<td>Elliptical machine at home, level 4 resistance, 5.0 pace</td>
<td>156 bpm</td>
<td>45 min</td>
</tr>
<tr>
<td>10-18</td>
<td>Jogging around neighborhood; about 2.5 miles</td>
<td>144 bpm</td>
<td>36 min</td>
</tr>
<tr>
<td>10-20</td>
<td>Cardio kickboxing class at the gym; went with my mom</td>
<td>170 bpm</td>
<td>50 min</td>
</tr>
</tbody>
</table>

Total Cardio Time: 161 min

Strength Training Section
Strength Training is also known as Resistance Training. This is where your body is working with resistance to increase your muscular strength or endurance. There are some resistance activities you can do that require no equipment (such as push-ups and crunches). Refer to the exercise library for more strength training activities.

Each log has a strength training section in which you record the date, exercise, equipment, and time spent. A sample is shown below.

You can use the following abbreviations for exercise equipment.
- DB = dumbbells
- BB = barbells
- RB = resistance band
- WM = weight machine

It is recommended that you complete three sets of 8-12 repetitions (reps) of each exercise. After completing 8-12 repetitions (1 set), take a 1-2 minute break and repeat. You should use weight or resistance that is heavy enough that the last few repetitions are very difficult.
**Flexibility Section**

*Flexibility* refers to the elasticity of your muscles. You can increase your flexibility by stretching every day. You should stretch at the end of every workout session.

On your fitness log, simply indicate with an “X” which muscle groups you stretched each day and the total time you spent stretching. An example is below.

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**STRENGTH TRAINING:** Indicate the exercise and type of equipment used to work each muscle group.

<table>
<thead>
<tr>
<th>Date</th>
<th>Back</th>
<th>Chest</th>
<th>Biceps</th>
<th>Triceps</th>
<th>Deltoid</th>
<th>Hams</th>
<th>Quads</th>
<th>Calves</th>
<th>Core</th>
<th>Other</th>
<th>Time Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-14</td>
<td>Lat pull down/WM</td>
<td>Bench press/BB</td>
<td>Bicep curl/BB</td>
<td>Tricep kickbacks/DB</td>
<td>Deltoid lift/DB</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>35min</td>
</tr>
<tr>
<td>10-16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lunge/DB</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20min</td>
</tr>
<tr>
<td>10-18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5min</td>
</tr>
</tbody>
</table>

**STRETCHING:** Indicate with an ‘X’ the muscles stretched each day. Include additional flexibility exercises at the bottom.

<table>
<thead>
<tr>
<th>Date</th>
<th>Back</th>
<th>Chest</th>
<th>Biceps</th>
<th>Triceps</th>
<th>Deltoid</th>
<th>Hams</th>
<th>Quads</th>
<th>Calves</th>
<th>Core</th>
<th>Other</th>
<th>Time Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-14</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Neck</td>
<td></td>
<td>8 min</td>
</tr>
<tr>
<td>10-16</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6 min</td>
</tr>
<tr>
<td>10-17</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5 min</td>
</tr>
<tr>
<td>10-18</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 min</td>
</tr>
<tr>
<td>10-20</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 min</td>
</tr>
<tr>
<td>10-19</td>
<td>Other Flexibility Exercises</td>
<td>Yoga</td>
<td>(specify):</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>40 min</td>
</tr>
</tbody>
</table>

**Total Stretching Time**

76 min
ADDITIONAL INFO ABOUT YOUR FITNESS LOG

Q. Do I erase my previous information every week?
A. No. This is a progressive log. Each week you will submit the same document with your previous information as well as your current week’s workout info.

Q. What day of the week do I start logging my exercise?
A. Logs begin on Saturday and end the following Friday.

Q. Do I still receive credit if I submit my log late?
A. Logs submitted more than one week past their completion date will NOT be accepted for credit.

Q. What should I do if I’m unsure about logging an exercise?
A. If you are unsure what counts as exercise, please email your instructor for clarification.

Q. Does it matter if my log runs over to a second page?
A. No. Please take the space that you need to fill in your log accurately and provide all the necessary information.

Q. When does my parent need to submit verification?
A. A parent or guardian verification of your workouts is required approximately every four weeks.

Q. What if I am sick and can’t exercise?
A. If you are sick or cannot complete a log, please let your instructor know. Then resume your exercise as soon as possible. There are a few weeks built in to the end of the course that you can use for make-up.

Q. What if I don’t complete my three hour weekly requirement?
A. You should strive for three hours every week. However, if you haven’t met the requirement, you should still submit your log for at least partial credit.

Q. What if I have read through this information and I still don’t understand?
A. If you have any questions, please re-read these instructions, view the sample log, review the multimedia lessons in the course, and then ask your instructor.
1. How did your workouts go this week? What went well? What can you improve on?

My workouts went well overall. On Tuesday and Thursday I had a really hard time being motivated to go workout in the afternoon; although that is the only time I had available. Also, I hadn’t jogged outside before, so that was a different experience and a little harder than the treadmill because I had to set my own pace and I think I started a little too fast. Next week I want to try jogging outside again, but try to pace myself a little better so I don’t get tired so quickly.

2. How well did you stick to your pre-planned workout schedule? Explain.

I hadn’t planned on going to kickboxing with my mom, but I’m glad I did. It was a lot of fun!

3. What was the goal you set for this week’s workouts and how well did you accomplish it?
My goal this week was to increase the amount of repetitions I do when strength training. I have used the same weight for several weeks now doing 8-10 repetitions. This week I was able to do 10-15 reps of every exercise.

4. What specifically will you do next week to increase the time, intensity, or resistance of ONE element of your workout?

Next week I want to maintain the number of reps on strength training and focus on my cardio. I want to work on increasing my speed on the elliptical to 6.5 for at least 20 minutes.

By typing my name below, I certify that I completed the exercises above according to the dates and times I specified. I understand that falsifying any information on this log is considered cheating, which will have serious consequences.

X Jane Smith