

Physical Activity Log

Week 5	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
M	Interval Weights	15 min	15	Lower Body	10 min	Good Balance!
T	Interval Run	20 min	16	Upper Body	5 min	
W	Interval Run	20 min	16	Lower Body	10 min	
TH	Interval Run	20 min	16	Lower Body	10 min	
F	Interval Run	20 min	16	Lower Body	6 min	
S&S	Weekly Score*	CV = 4		Resistance = 1.5	Flexibility = 6	

(B)

M	Run	70 min	15	Upper Body	6 min	☺
T	Run	70 min	15	Upper Body	6 min	
W	Run	70 min	15	Full Body	10 min	
TH	Interval Run	20 min	16	Upper Body	10 min	
F	Interval Run	20 min	16	Upper Body	6 min	
S&S	Weekly Score*	CV = 3		Resistance = 2	Flexibility = 5	

(B)

M	Interval Weights	20 m	15	Lower Body	6 min	Keep it up.
T	Interval Run	20 m	16	Upper Body	10 min	
W	Interval Run	20 m	16	Upper Body	7 min	
TH	Interval Run	20 m	16	Lower Body	10 min	
F	Interval Run	20 m	16	Lower Body	6 min	
S&S	Weekly Score*	CV = 4		Resistance = 1.5	Flexibility = 7	

(AB)

M	Interval Run	20 m	16	Upper Body	6 m	Great Job!
T	Interval Run	20 m	16	Upper Body	10 min	
W	Abs	10 m	15	Lower Body	5 min	
TH	Run	20 m	16	Full Body	10 min	
F	Run	45 m	16	Full Body	10 min	
S&S	Weekly Score*	CV = 4		Resistance = 2	Flexibility = 6	

(AP)

* Cardiovascular Exercise (CV) Weekly Score is the number of sessions = 20 minutes completed in one week.
 * Resistance Exercise Weekly Score is the number of whole body sessions completed in one week (i.e. upper body on Tu., lower body on Wed. = 1)
 * Flexibility Weekly Score is the number of whole body stretching sessions completed in one week.
 ACSM Guidelines - CV exercise 3-5 times/wk > 20 mins at Target HR or RPE, Resistance exercise 2-3 times/wk (whole body)
 Therefore to follow ACSM guidelines you should try to obtain a weekly CV score of 3-5, Resistance score of 2-3, and Flexibility = 3-5

12/2/09

1234567891011

FITNESSGRAM

Personal Fitness Record

Name Sarah Kangas School _____ Grade _____
 Age _____ Height _____ Weight _____

Date: _____ Date: _____

	Score	HFZ	Score	HFZ
Aerobic capacity: <u>Mile Run *</u>	<u>7:21</u>	<u>HFZ</u>		
Curl-up	<u>75</u>	<u>HFZ</u>		
Trunk lift	<u>12</u>	<u>HFZ</u>		
Upper body strength: *	<u>21</u>	<u>HFZ</u>		
Flexibility: <u>HFZ Shoulder stretch</u>	<u>L-Y R-Y</u>	<u>BPF</u>	<u>14/2</u>	<u>HFZ</u>
Skinfolds:				
Triceps				
Calf				
Total				

sit and reach

Note: HFZ indicates you have performed in the Healthy Fitness Zone. I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

FIGURE B.12
 From FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Third Edition by The Cooper Institute, 2004, Champaign, IL: Human Kinetics.

9/14/09

FITNESSGRAM

Personal Fitness Record

Name Sarah Kangas School _____ Grade _____
 Age 28 Height 5'4 1/2" Weight 132.9

Date: 7-11-09 Date: _____

	Score	HFZ	Score	HFZ
Aerobic capacity: <u>pace</u>	<u>41</u>	<u>41</u>		
Curl-up	<u>76</u>			
Trunk lift	<u>12"</u>			
Upper body strength: <u>pushup</u>	<u>20</u>			
Flexibility: <u>Sit and Reach</u>	<u>L-Y R-Y</u>			
Skinfolds: <u>Umbilicus</u>	<u>15</u>			
Triceps	<u>26</u>	<u>22</u>		
Calf	<u>14</u>	<u>18</u>	<u>20</u>	
Total				

Note: HFZ indicates you have performed in the Healthy Fitness Zone. I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

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Mile Run 7-14-09 10:00 am
7:52 minutes

laps: + + + + +