

Name-_____

Date-_____

Fitness Log

Coach Horne

Lindley Sixth Grade Academy

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Activity						
Quantity						
Component						
Activity						
Quantity						
Component						
Activity						
Quantity						
Component						
Activity						
Quantity						
Component						

Fitness Goals for the Week:

- 1) _____

- 2) _____

- 3) _____

Components-

Cardiovascular Endurance (C)- Walking, Swimming, Bicycling, Dance, Aerobics, Ju

Muscular Strength and Endurance (M)- Push-Ups, Sit-Ups, Plyometrics,

Flexibility (F)- Stretching, Yoga, Pilates

Skills (S)- Shooting Baskets, Hitting Softball, Football, Tennis Practice, Kicking the Soccer

Thursday

ng, Jogging,
ump Rope
)- Weights, Push-

3,
tball, Throwing
cer Ball