

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Monday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Tuesday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Wednesday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Thursday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Friday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Saturday			

Fitness Log

	Fitness Component(s) Worked (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility)	List Exercises Completed (i.e. pushups, neck circles, dancing, squats, etc.)	Repetitions/ Time (How many of each exercise did you complete or how long did you hold each exercise)
Sunday			