WORKOUT LOG

It is important to always change the type of exercise, intensity of exercise, duration of exercise and frequency of exercise to get real results. This fitness game is the ideal progression plan that will help you do it all. A mixture of well-rounded activities that will get your body moving and heart pumping.

Heart rate monitors are terrific to give quick and accurate data to record. It's recommended to invest in a digital heart rate monitor to allow you to know your exercise duration, calories burned, along with your average and maximum heart rate for each workout. You will then have daily access to track your progression and review past results.

DAY ONE

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY TWO

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY THREE

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY FOUR

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY FIVE

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY SIX

Date: ——————— Workout Performed: ———————

Duration:——————— Calories:——————— Average: ——————— Maximum: ———————

DAY SEVEN

Rest and Recover