



Unified Fitness Log

Name: _____ Week Number _____

Workout: Day 1

Warm Up

Exercise	Reps/Time
<i>Ex. Arm Circles</i>	<i>1 minute</i>

Cardiovascular Endurance

Exercise	Reps/Time
<i>Ex. Walk on the Treadmill</i>	<i>10 minutes</i>

Strength

Exercise	Reps/Time
<i>Ex. Bicep Curls</i>	<i>3 sets, 8 reps each</i>

Flexibility Balance

Exercise	Reps/Time
<i>Ex. Shoulder Stretch</i>	<i>30 seconds each side</i>



Unified Fitness Log

Name: _____ Week Number _____

Workout: Day 2

Warm Up

Exercise	Reps/Time
<i>Ex. Arm Circles</i>	<i>1 minute</i>

Cardiovascular Endurance

Exercise	Reps/Time
<i>Ex. Walk on the Treadmill</i>	<i>10 minutes</i>

Strength

Exercise	Reps/Time
<i>Ex. Bicep Curls</i>	<i>3 sets, 8 reps each</i>

Flexibility Balance

Exercise	Reps/Time
<i>Ex. Shoulder Stretch</i>	<i>30 seconds each side</i>