

Directions

Write an exercise goal for the week. Write a nutrition goal for the week.
Record physical activity for 5 days. Include Intensity, Time and Type of each activity.
Record food and drink intake for 5 days. Include breakfast, lunch, dinner and snacks.
Answer the Reflection Questions on the next page.
Exercise Goal: _____

Nutrition Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Physical Activity (Intensity, Time & Type)					
Breakfast (Food and Beverage)					
Lunch (Food and Beverage)					
Dinner (Food and Beverage)					
Snacks					

Reflection Questions

1. Did you meet your exercise goal this week? (Why? Why not?)
2. Reflect on the past week. How were your eating habits/meals influenced by school, work or practice?
3. How can you improve your nutrition next week? (example-drink more water, stay hydrated for practice.)

An indicator of good cardiorespiratory fitness is a low resting heart rate. One morning this week, take your resting heart rate (immediately after waking up.) Record your resting heart rate in beats per minute.

1. Resting Heart Rate _____ Beats/Minute
2. One day during exercise, take your pulse for one minute.
Heart Rate during Exercise _____ Beats/Minute
3. Does this type of exercise and intensity allow you to enter your Target Heart Rate Zone? (70-85% of Max Heart Rate)

*As you begin designing your Personal Fitness Program, you will need to make sure that your selected exercises are performed at an intensity high enough to achieve cardiorespiratory fitness.

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