

Week of:

(Date)

Fitness Log

Use this log to track your minutes of activity each day. Track activity of at least a moderate pace. Share this log with your Lifestyle Coach at the start of each session.

If you'd like, you can also track more details about your activity, such as what activity you did, how far you went, how fast you went, how heavy your weights were, how many steps you took, and how many calories you burned.

Date	Minutes	Other details about your activity (optional)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		