

SUMMER FITNESS ACTIVITY LOG

Summer Week # 1: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
 AC=Aerobic Capacity MF=Muscular Fitness FL=Flexibility

Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

Make some notes! On the back of this page, write and reflect on how you're feeling about your summer fitness journey. Make note of what has been good, what has been challenging, and ways you can improve for next week!

SUMMER FITNESS ACTIVITY LOG

Summer Week # 2: Use the chart below to track your FITT status for 1 week.

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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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Summer Week # 3: Use the chart below to track your FITT status for 1 week.

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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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Summer Week # 4: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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Summer Week # 5: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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Summer Week # 6: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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SUMMER FITNESS ACTIVITY LOG

Summer Week # 7: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

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SUMMER FITNESS ACTIVITY LOG

Summer Week # 8: Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
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Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

You did it! On the back of this page, write a letter to yourself (5 years into the future) and describe how important this summer’s fitness journey has been. While you’re at it, give your future self some advice for overcoming challenges and staying active and fit.