

Each weekly log should be a _____ of 1 page long.

- ! Include your total time spent being physically active.
- ! Include a short paragraph for each physical activity session, including:
 - " Date, time of day, duration, and location of activity
 - " Activity description (e.g. list of weight training exercises, yoga postures, stretches)
 - " Intensity of activity (e.g. hear rate, set/reps/weight for each exercise)
 - " Any wellness (social, emotional, intellectual, physical, environmental, spiritual) benefits you experienced due to your physical activity that day.
- ! You may also include a workout chart if appropriate.

SAMPLE PHYSICAL ACTIVITY CHARTS

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Date	Activity	Sets/Reps/Weight	Calories
Example: Monday, March 2	Bike to work Walk the dog Jog + Stairs on Mount-Royal	2 x 10 40 20	140 100 164

Exercises (& Target Body Part)	Example		
	Sets	Reps	Wt.
Push-Ups (chest)	3	20	0
Sit-Ups (abs)	3	30	0
Squats (legs)	3	15	40 lbs
Plank (core)	3	45s	0
Lat. Pull Down (back)	3	15	95 lbs
Burpees (full body)	3	20	0

Examples:		
Date	Activity	Notes
Examples:		