

Weekly Logs

Each weekly log should be a **maximum** 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 ENTRY FOR ONE ACTIVITY SESSION

Friday, January 13, 45 minutes, Dawson gym (indoors). I completed a weight training program focusing on muscular endurance (3 sets of 15 reps). Exercises included shoulder stability, squats, lunges, chest press, dumbbell curl and triceps press, seated row, and plank. I didn't have much time, so I was focused and trained hard (8/10). At the end of my workout I felt energized and ready for my meetings. I usually doze off by the time lunch rolls around, but today this energy carried me through.

SAMPLE PHYSICAL ACTIVITY CHARTS

Cardiovascular Activities			
	Activity	Continuous Time (minutes)	Heart Rate (beats per minute)
Example: Monday, March 2	Bike to work Walk the dog Jog + Stairs on Mount-Royal	2 x 10 40 20	140 100 164

Muscular Fitness			
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

Flexibility		
Day	Activity	Time
Examples: Monday, March 2	Stretching program: forward bend, overhead tricep stretch, behind the back chest stretch, side-to-side neck stretch, shoulder stretch,	20 mins
Wednesday, March 4	Yoga: Hot yoga at Bliss Studio	60 mins