

PERSONAL FITNESS LOG

Name: _____

AEROBIC FITNESS (DO ONE)	RESULTS	NEED TO IMPROVE?
Run/walk as far as you can as fast as you can in nine minutes		
Run/walk 1 mile as fast as you can		

FLEXIBILITY TEST	RESULTS	NEED TO IMPROVE?
Using a sit-and-reach box, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify.		

STRENGTH TESTS (SITUPS AND ONE OTHER)	RESULTS	NEED TO IMPROVE?
Sit-ups. Record the number of sit-ups done correctly in 60 seconds.		
Pull-ups. Record the total number of pull-ups completed correctly in 60 seconds.		
Push-ups. Record the total number of push-ups completed correctly in 60 seconds.		

HEALTHY EATING GOALS

Outline a comprehensive 12-week physical fitness program using the results of your physical fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.

WARM UP PLAN

AEROBIC EXERCISE PLAN

STRENGTH PLAN

FLEXIBILITY PLAN

COOL DOWN PLAN

Week 1

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 2

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 3

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 4

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 5

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 6

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 7

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 8

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 9

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 10

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 11

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?

Week 12

Date: _____

RETEST	RESULTS
Aerobic run/walk	
Flexibility	
Strength - sit-ups	
Strength - pull-ups or push-ups	

FITNESS ACTIVITIES CARRIED OUT	NOTES

ARE YOU MEETING YOUR HEALTHY EATING GOALS?

WHAT ARE THE UPS AND DOWNS OF CARRYING OUT THE FITNESS PLAN?