

NAME: _____

PERIOD: _____

QUARTERLY FITNESS AND NUTRITION LOGS AND REFLECTIONS

Over the next four weeks, use this worksheet to record your nutrition and fitness activities and reflect upon them. Please comment *fully and with detail* on the progress you have made this quarter towards your physical fitness and nutrition goals. **Worth 10 points per week (40 points total). Due on Monday of the following week.**

Fitness Goal: _____
(e.g. 30 minutes of aerobic activity three times per week)

Nutrition Goal: _____
(e.g. 5 servings of fruits/vegetables every day and 6 full glasses of water each day)

WEEK ONE

Days of the Week	Fitness Exercise Log: Describe in detail the exercises completed and the duration <i>Example: Fast walk for 4 minutes, light jog for 3 minutes, run for 5 minutes, light jog for 3 minutes, fast walk for 10 minutes, cool down walk for 5 minutes = 30 minutes total of cardio. Cool down stretching in downward dog and lunges for 10 minutes.</i>	Nutrition Log <i>Example: Banana and juice at breakfast, spinach salad with strawberries at lunch, asparagus and carrots as side dish for dinner. 6 glasses of water today.</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Insights/Reflections on Nutrition and Fitness Activities this week:

Are you consistently meeting the required frequencies and working hard enough to achieve the proper intensities to see results?

Are you able to fully commit to your goals? Why or why not? Are there barriers to consistently working on your nutritional and fitness goals? Can you think of ways to remove those barriers if there are any?

Do you notice a difference in how you feel before you do your exercises versus after your exercises?

Have you seen yourself make progress? What do you contribute this to?