

POWER STANDARD 4: I Am Fit

FITNESS LOG

Name: _____

	Cardio (30-35 min, 3 times per week)	Strength (20 min, 3 times per week)	Flexibility (10 min, 3 times per week)
Week 1	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 2	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 3	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 4	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 5	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 6	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 7	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 8	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 9	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 10	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 11	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3:
Week 12	Workout 1:	Workout 1:	Workout 1:
	Workout 2:	Workout 2:	Workout 2:
	Workout 3:	Workout 3:	Workout 3: