Name_____

FITNESS FOR LIFE - SEMESTER EXERCISE TOTALS

In the chart below, write in your weekly time totals for each fitness component. These times should match the totals from each weekly log sheet. Under the Days column, write in the number of total days in which that component was done during the specific week.

	Aereobic		M. Strength		M. Endurance		Flexibility		Total	
Week #	Time	Days	Time	Days	Time	Days	Time	Days	Time	Days
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										