

Personal Fitness Badge:

Week 1

Week 2

Name: _____ / / / / / / / / / / / / / / / /

Cardiovascular

Warm Up(5-10 min), check if done: _____
Low intensity movements & stretching _____

Circle one, record # of minutes each workout (goal: 20 - 60 min 4-6 times per week)
Check your heart rate after 5 minutes.

Walk / Run
Swim / Bike # min: _____
Heart rate: _____

Muscular Strength & Endurance

goal: 10 - 20 min, 4-6 times per week

Day 1: Test: record total # of each possible. After that, do 1/3 of each per set; rest 2 min., repeat 2 times. Increase over time.
Exhale during exertion. After 2 weeks, again test the total # of each possible, and repeat.

Sit Ups # _____
Push Ups # _____
Pull Ups # _____

Flexibility

Stretching: 15-30 secs each, no bouncing. Use for warm up & to end exercising.

Rt over Left Leg, bend. (Check if done:) _____
Left over Rt Leg, bend " _____
Rt across chest & hold " _____
Left across chest & hold " _____
Playboys left " _____
Playboys right " _____

Personal Fitness Badge:

Week 1

Week 2

Name: _____

____/____/____/____/____/____

____/____/____/____/____/____

Fitness Tests:

Aerobic: (select 1)

1st Test - before you start

2nd test - at the end of 2 w

9 or 12 min run (record distance)

1 or 1 1/2 mile run (record time)

Muscular Strength/Endurance

Sit Ups in 60 seconds

Test of Flexibility

Measure the farthest reach
while sitting (see diagram)

Body Composition

Rt Upper Arm
Measure / %

Shlder/Chst/Arm
Measure / %

Chest
Measure / %

Chest/Exhale
Measure / %

Abdomen
Measure / %

Thig
Measur

Measurement at Beginning:

____/____% ____/____% ____/____% ____/____% ____/____% ____/____

Measurement at 2 weeks:

____/____% ____/____% ____/____% ____/____% ____/____% ____/____

Measurement at 4 weeks:

____/____% ____/____% ____/____% ____/____% ____/____% ____/____

Personal Fitness Badge:

Name: _____ / _____

Cardiovascular

Warm Up(5-10 min), check if done: _____

Low intensity movements & stretching

Circle one, record # of minutes each work

Check your heart rate after 5 minutes.

Walk / Run

Swim / Bike # min: _____

Heart rate: _____

Muscular Strength & Endurance

goal: 10 - 20 min, 4-6 times per week

Day 1: Test: record total # of each possibl

Exhale during exertion. After 2 weeks, ag

Sit Ups # _____

Push Ups # _____

Pull Ups # _____

Flexibility

Stretching: 15-30 secs each, no bouncing

Rt over Left Leg, bend. (Check if done:) _____

Left over Rt Leg, bend " _____

Rt across chest & hold " _____

Left across chest & hold " _____

Playboys left " _____

Playboys right " _____

Personal Fitness Badge:

Name: _____ / _____

Fitness Tests:

Aerobic: (select 1) vks

9 or 12 min run (record distance) _____

1 or 1 1/2 mile run (record time) _____

Muscular Strength/Endurance

Sit Ups in 60 seconds _____

Test of Flexibility

Measure the farthest reach
while sitting (see diagram) _____

Body Composition

h
re / %

Measurement at Beginning: _____%

Measurement at 2 weeks: _____%

Measurement at 4 weeks: _____%

Personal Fitness Badge:

Week 3

Week 4

Name: _____ / / / / / / / / / / / / / / / /

Cardiovascular

Warm Up(5-10 min), check if done: _____
Low intensity movements & stretching _____

Circle one, record # of minutes each work
Check your heart rate after 5 minutes.

Walk / Run
Swim / Bike # min: _____
Heart rate: _____

Muscular Strength & Endurance

goal: 10 - 20 min, 4-6 times per week
Day 1: Test: record total # of each possible
Exhale during exertion. After 2 weeks, again

Sit Ups # _____
Push Ups # _____
Pull Ups # _____

Flexibility

Stretching: 15-30 secs each, no bouncing

Rt over Left Leg, bend. (Check if done:) _____
Left over Rt Leg, bend " _____
Rt across chest & hold " _____
Left across chest & hold " _____
Playboys left " _____
Playboys right " _____

Personal Fitness Badge:

Week 3

Week 4

Name: _____ / / / / / / / / / / / / / / / /

Fitness Tests:

Aerobic: (select 1)

9 or 12 min run (record distance)

1 or 1 1/2 mile run (record time)

Muscular Strength/Endurance

Sit Ups in 60 seconds

Test of Flexibility

Measure the farthest reach
while sitting (see diagram)

Body Composition

Measurement at Beginning:

Measurement at 2 weeks:

Measurement at 4 weeks:

3rd test - At the end of 4 wks

Personal Fitness Badge:

Name: _____ / _____

Cardiovascular

Warm Up(5-10 min), check if done: _____

Low intensity movements & stretching

Circle one, record # of minutes each work

Check your heart rate after 5 minutes.

Walk / Run

Swim / Bike # min: _____

Heart rate: _____

Muscular Strength & Endurance

goal: 10 - 20 min, 4-6 times per week

Day 1: Test: record total # of each possibl

Exhale during exertion. After 2 weeks, ag

Sit Ups # _____

Push Ups # _____

Pull Ups # _____

Flexibility

Stretching: 15-30 secs each, no bouncing

Rt over Left Leg, bend. (Check if done:) _____

Left over Rt Leg, bend " _____

Rt across chest & hold " _____

Left across chest & hold " _____

Playboys left " _____

Playboys right " _____

Personal Fitness Badge:

Name: _____ / _____

Fitness Tests:

Aerobic: (select 1) _____ s

9 or 12 min run (record distance) _____

1 or 1 1/2 mile run (record time) _____

Muscular Strength/Endurance

Sit Ups in 60 seconds _____

Test of Flexibility

Measure the farthest reach
while sitting (see diagram) _____

Body Composition

Measurement at Beginning:

Measurement at 2 weeks:

Measurement at 4 weeks: