

Cañada College Fitness/Activity Log

Date: ___/___/___

Short-term Goals:

<p>Monday :___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>	<p>Tuesday:___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>
<p>Wednesday:___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>	<p>Thursday:_____ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>
<p>Friday:___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>	<p>Saturday:___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>
<p>Sunday:___/___/___ Water (# 8oz.glasses):_____</p> <p>Activity: _____</p> <p>Comments:</p> <p>Workout Intensity – Easy Moderate Hard Time:_____</p>	<p>Total Workouts:_____</p> <p>Week in review:</p> <p>Short-term Goals: Missed Met Exceeded</p> <p>Total Time:_____</p>