

# FALL FITNESS WORKSHEET TRACKER: TRACK YOUR MINUTES HERE, AND THEN ENTER ONLINE

NOTE: This worksheet tracker is for your personal use only and is not to be turned in.

Name: \_\_\_\_\_

STRENGTH    CARDIO

Week	Dates	M	M	Tu	Tu	W	W	Th	Th	F	F	Sa	Sa	Su	Su	STRENGTH TOTAL	CARDIO TOTAL	GRAND TOTAL
1	9/18-9/24																	
2	9/25-10/1																	
3	10/2-10/8																	
4	10/9-10/15																	
5	10/16-10/22																	
6	10/23-10/29																	
<b>TOTALS</b>																		

**GOALS FOR TIER ONE:** 60 minutes of strength and 30 minutes of cardio each week, for a total of 90 minutes

**GOALS FOR TIER TWO:** 100 minutes of strength and 50 minutes of cardio each week, for a total of 150 minutes

Times will not be increasing each week - the goals are the same at the beginning and end of the Challenge. You can go between the tiers if needed.

**EXERCISE MINIMUMS:** You must exercise at least three times during the week. It can't been done all in one sitting. As always, you must do 10 minutes minimum at a time for the minutes to count.

**NOTE:** *Some exercise counts both as cardio & strength. Pick one, no double dipping!*

**What counts as STRENGTH?** Resistance Bands, WTS, Exercise Machines, Kettle Balls, Sand Bags, Body Weight Exercises...

**What counts as CARDIO?** Walking, swimming, bicycling, hiking...