

daily fitness log

In the Fitness Log (*opposite*), you'll record:

Cardio and other workouts (aerobics, yoga, Pilates, running, treadmill, swimming, etc.) and physical activities (mowing the lawn, vacuuming, gardening, etc.). Include workout duration, intensity, heart rate, speed, and anything else you're tracking.

Strength training / weight lifting (weight machines, free weights, etc.), including reps and sets, muscle groups you're working that day.

Estimated calories burned for each activity; you'll use that number to calculate total calories burned for the day.

Net calories (calories consumed minus calories burned). You're aiming for the net number to be 500 calories below your BMR, or Basal Metabolic Rate (the number of calories your body requires to stay at your current weight) in order to lose 1 pound a week (see pages 28–29). Subtract your BMR from your net calorie amount to get net caloric deficit for the day.

Vitamins/Supplements: daily dosage and quantity.

Mood (1 ☹ for bad, 8 ☺ for great) and energy level (1 for low, 8 for high) for the day.

Goals achieved. Congratulations! You can check off that Goal Box with a flourish!

Thoughts, moods, and feelings in the Notes/ Journal Section.



FITNESS LOG

Activity	Time of Day	Intensity	Heart Rate	Speed	Distance	Calories Burned
Cardio	10:00	10	120	5.0	1.0	400
Strength Training	11:00	8	100	1.0	1.0	200
Cardio	12:00	10	120	5.0	1.0	400
Strength Training	13:00	8	100	1.0	1.0	200
Cardio	14:00	10	120	5.0	1.0	400
Strength Training	15:00	8	100	1.0	1.0	200
Cardio	16:00	10	120	5.0	1.0	400
Strength Training	17:00	8	100	1.0	1.0	200
Cardio	18:00	10	120	5.0	1.0	400
Strength Training	19:00	8	100	1.0	1.0	200
Cardio	20:00	10	120	5.0	1.0	400
Strength Training	21:00	8	100	1.0	1.0	200
Cardio	22:00	10	120	5.0	1.0	400
Strength Training	23:00	8	100	1.0	1.0	200
Cardio	24:00	10	120	5.0	1.0	400
Strength Training	25:00	8	100	1.0	1.0	200
Cardio	26:00	10	120	5.0	1.0	400
Strength Training	27:00	8	100	1.0	1.0	200
Cardio	28:00	10	120	5.0	1.0	400
Strength Training	29:00	8	100	1.0	1.0	200
Cardio	30:00	10	120	5.0	1.0	400
Strength Training	31:00	8	100	1.0	1.0	200
Cardio	32:00	10	120	5.0	1.0	400
Strength Training	33:00	8	100	1.0	1.0	200
Cardio	34:00	10	120	5.0	1.0	400
Strength Training	35:00	8	100	1.0	1.0	200
Cardio	36:00	10	120	5.0	1.0	400
Strength Training	37:00	8	100	1.0	1.0	200
Cardio	38:00	10	120	5.0	1.0	400
Strength Training	39:00	8	100	1.0	1.0	200
Cardio	40:00	10	120	5.0	1.0	400
Strength Training	41:00	8	100	1.0	1.0	200
Cardio	42:00	10	120	5.0	1.0	400
Strength Training	43:00	8	100	1.0	1.0	200
Cardio	44:00	10	120	5.0	1.0	400
Strength Training	45:00	8	100	1.0	1.0	200
Cardio	46:00	10	120	5.0	1.0	400
Strength Training	47:00	8	100	1.0	1.0	200
Cardio	48:00	10	120	5.0	1.0	400
Strength Training	49:00	8	100	1.0	1.0	200
Cardio	50:00	10	120	5.0	1.0	400
Strength Training	51:00	8	100	1.0	1.0	200
Cardio	52:00	10	120	5.0	1.0	400
Strength Training	53:00	8	100	1.0	1.0	200
Cardio	54:00	10	120	5.0	1.0	400
Strength Training	55:00	8	100	1.0	1.0	200
Cardio	56:00	10	120	5.0	1.0	400
Strength Training	57:00	8	100	1.0	1.0	200
Cardio	58:00	10	120	5.0	1.0	400
Strength Training	59:00	8	100	1.0	1.0	200
Cardio	60:00	10	120	5.0	1.0	400
Strength Training	61:00	8	100	1.0	1.0	200
Cardio	62:00	10	120	5.0	1.0	400
Strength Training	63:00	8	100	1.0	1.0	200
Cardio	64:00	10	120	5.0	1.0	400
Strength Training	65:00	8	100	1.0	1.0	200
Cardio	66:00	10	120	5.0	1.0	400
Strength Training	67:00	8	100	1.0	1.0	200
Cardio	68:00	10	120	5.0	1.0	400
Strength Training	69:00	8	100	1.0	1.0	200
Cardio	70:00	10	120	5.0	1.0	400
Strength Training	71:00	8	100	1.0	1.0	200
Cardio	72:00	10	120	5.0	1.0	400
Strength Training	73:00	8	100	1.0	1.0	200
Cardio	74:00	10	120	5.0	1.0	400
Strength Training	75:00	8	100	1.0	1.0	200
Cardio	76:00	10	120	5.0	1.0	400
Strength Training	77:00	8	100	1.0	1.0	200
Cardio	78:00	10	120	5.0	1.0	400
Strength Training	79:00	8	100	1.0	1.0	200
Cardio	80:00	10	120	5.0	1.0	400
Strength Training	81:00	8	100	1.0	1.0	200
Cardio	82:00	10	120	5.0	1.0	400
Strength Training	83:00	8	100	1.0	1.0	200
Cardio	84:00	10	120	5.0	1.0	400
Strength Training	85:00	8	100	1.0	1.0	200
Cardio	86:00	10	120	5.0	1.0	400
Strength Training	87:00	8	100	1.0	1.0	200
Cardio	88:00	10	120	5.0	1.0	400
Strength Training	89:00	8	100	1.0	1.0	200
Cardio	90:00	10	120	5.0	1.0	400
Strength Training	91:00	8	100	1.0	1.0	200
Cardio	92:00	10	120	5.0	1.0	400
Strength Training	93:00	8	100	1.0	1.0	200
Cardio	94:00	10	120	5.0	1.0	400
Strength Training	95:00	8	100	1.0	1.0	200
Cardio	96:00	10	120	5.0	1.0	400
Strength Training	97:00	8	100	1.0	1.0	200
Cardio	98:00	10	120	5.0	1.0	400
Strength Training	99:00	8	100	1.0	1.0	200
Cardio	100:00	10	120	5.0	1.0	400
Strength Training	101:00	8	100	1.0	1.0	200
Cardio	102:00	10	120	5.0	1.0	400
Strength Training	103:00	8	100	1.0	1.0	200
Cardio	104:00	10	120	5.0	1.0	400
Strength Training	105:00	8	100	1.0	1.0	200
Cardio	106:00	10	120	5.0	1.0	400
Strength Training	107:00	8	100	1.0	1.0	200
Cardio	108:00	10	120	5.0	1.0	400
Strength Training	109:00	8	100	1.0	1.0	200
Cardio	110:00	10	120	5.0	1.0	400
Strength Training	111:00	8	100	1.0	1.0	200
Cardio	112:00	10	120	5.0	1.0	400
Strength Training	113:00	8	100	1.0	1.0	200
Cardio	114:00	10	120	5.0	1.0	400
Strength Training	115:00	8	100	1.0	1.0	200
Cardio	116:00	10	120	5.0	1.0	400
Strength Training	117:00	8	100	1.0	1.0	200
Cardio	118:00	10	120	5.0	1.0	400
Strength Training	119:00	8	100	1.0	1.0	200
Cardio	120:00	10	120	5.0	1.0	400
Strength Training	121:00	8	100	1.0	1.0	200
Cardio	122:00	10	120	5.0	1.0	400
Strength Training	123:00	8	100	1.0	1.0	200
Cardio	124:00	10	120	5.0	1.0	400
Strength Training	125:00	8	100	1.0	1.0	200
Cardio	126:00	10	120	5.0	1.0	400
Strength Training	127:00	8	100	1.0	1.0	200
Cardio	128:00	10	120	5.0	1.0	400
Strength Training	129:00	8	100	1.0	1.0	200
Cardio	130:00	10	120	5.0	1.0	400
Strength Training	131:00	8	100	1.0	1.0	200
Cardio	132:00	10	120	5.0	1.0	400
Strength Training	133:00	8	100	1.0	1.0	200
Cardio	134:00	10	120	5.0	1.0	400
Strength Training	135:00	8	100	1.0	1.0	200
Cardio	136:00	10	120	5.0	1.0	400
Strength Training	137:00	8	100	1.0	1.0	200
Cardio	138:00	10	120	5.0	1.0	400
Strength Training	139:00	8	100	1.0	1.0	200
Cardio	140:00	10	120	5.0	1.0	400
Strength Training	141:00	8	100	1.0	1.0	200
Cardio	142:00	10	120	5.0	1.0	400
Strength Training	143:00	8	100	1.0	1.0	200
Cardio	144:00	10	120	5.0	1.0	400
Strength Training	145:00	8	100	1.0	1.0	200
Cardio	146:00	10	120	5.0	1.0	400
Strength Training	147:00	8	100	1.0	1.0	200
Cardio	148:00	10	120	5.0	1.0	400
Strength Training	149:00	8	100	1.0	1.0	200
Cardio	150:00	10	120	5.0	1.0	400
Strength Training	151:00	8	100	1.0	1.0	200
Cardio	152:00	10	120	5.0	1.0	400
Strength Training	153:00	8	100	1.0	1.0	200
Cardio	154:00	10	120	5.0	1.0	400
Strength Training	155:00	8	100	1.0	1.0	200
Cardio	156:00	10	120	5.0	1.0	400
Strength Training	157:00	8	100	1.0	1.0	200
Cardio	158:00	10	120	5.0	1.0	400
Strength Training	159:00	8	100	1.0	1.0	200
Cardio	160:00	10	120	5.0	1.0	400
Strength Training	161:00	8	100	1.0	1.0	200
Cardio	162:00	10	120	5.0	1.0	400
Strength Training	163:00	8	100	1.0	1.0	200
Cardio	164:00	10	120	5.0	1.0	400
Strength Training	165:00	8	100	1.0	1.0	200
Cardio	166:00	10	120	5.0	1.0	400
Strength Training	167:00	8	100	1.0	1.0	200
Cardio	168:00	10	120	5.0	1.0	400
Strength Training	169:00	8	100	1.0	1.0	200
Cardio	170:00	10	120	5.0	1.0	400
Strength Training	171:00	8	100	1.0	1.0	200
Cardio	172:00	10	120	5.0	1.0	400
Strength Training	173:00	8	100	1.0	1.0	

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Arturo Cuomo



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web the ave maria quickly gained popularity most notably after becoming part of the repertoire of chanticleer although the ave maria was originally scored for male voices

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