Name: _____

Personal Goal: _____

90 Day Fitness Challenge Activity Log

CHOOSE TO MOVE! WRITE IN HOW MANY MINUTES YOU EXERCISED FOR EACH DAY

Week 1:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 2:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 3:	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 4:	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 5:	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min.

ENDURANCE IS THE ABILITY OF YOUR BODY TO KEEP MOVING FOR LONG PERIODS OF TIME. ENDURANCE CAN HELP YOU RUN FURTHER DISTANCES WITHOUT STOPPING AND PRACTICE LONGER WITH FEWER BREAKS

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90 Day Fitness Challenge Activity Log

STRENGTH IS THE ABILITY OF YOUR BODY TO DO WORK. STRENGTH GIVES YOU THE ABILITY TO JUMP HIGHER. THROW FARTHER, AND SPRINT FASTER

Week 6:	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	Weekly Total
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min.
Week 7:	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Weekly Total
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min.
Week 8:	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56	Weekly Total
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min.
Week 9:	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63	Weekly Total
	_____ min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.

FLEXIBILITY IS THE ABILITY TO MOVE EASILY ALL DIRECTIONS. BEING FLEXIBLE MAKES IT EASIER TO DO SPORTS AND HELPS PREVENT INJURIES TO YOUR MUSCLES AND JOINTS!

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90 Day Fitness Challenge Activity Log

BALANCE IS THE ABILITY OF YOUR BODY TO STAY UPRIGHT OR STAY IN CONTROL OF YOUR MOVEMENTS. BALANCE HELPS YOU TO STAY IN CONTROL WHEN YOU ARE PLAYING SPORTS AND HELPS YOU TO AVOID FALLS

Week 10:	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70	**Weekly Total**
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 11:	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77	**Weekly Total**
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 12:	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84	**Weekly Total**
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 13:	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90		**Weekly Total**
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min		_____min.

REFLECTION: HOW DID YOU CHOOSE TO MOVE? WHAT DID YOU NOTICE WHEN COMPLETING THIS 90 DAY CHALLENGE?

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