

AEROBIC TRAINING LOG

REFER TO AEROBIC MILE CHART TO COMPUTE AEROBIC MILES FOR EACH ACTIVITY

Choose one of the following:

- Average 6,000 steps 6 days/week (no less than 4,000)
- Aerobic Mile Goal: 2 aerobic miles 4 days/week
- 1 ½ mile run/walk 3 days/week



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Name

Month

REPORTS ARE CALCULATED FROM 1ST OF MONTH TO END OF MONTH.

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Wks Ttl
1								
2								
3								
4								
5								

Increasing physical activity is the single most effective thing we can do to improve our health.

Intensity and duration are important aspects of fitness, which will not be accomplished by incidental activity.