LEISURE FITNESS
THE EQUIPMENT STORE

BE FIT, STAY FIT
with Dr. Paul Kennedy

THE FITNESS POINTS LOG - WEEK 1

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form	3								2
Cardiovascular Training	3								2
Flexibility & Stretching	3								2
Weekly Grand Total	3								2

THE FITNESS POINTS LOG - WEEK 2

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form									
Cardiovascular Training									
Flexibility & Stretching									
Weekly Grand Total									

THE FITNESS POINTS LOG - WEEK 3

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form									
Cardiovascular Training									
Flexibility & Stretching									
Weekly Grand Total									

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THE FITNESS POINTS LOG - WEEK 4

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form									
Cardiovascular Training									
Flexibility & Stretching									
Weekly Grand Total									

THE FITNESS POINTS LOG - WEEK 5

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form									
Cardiovascular Training									
Flexibility & Stretching									
Weekly Grand Total									

THE FITNESS POINTS LOG - WEEK 6

FITNESS ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL	WEEKLY GOAL
Strength Training with proper form									
Cardiovascular Training									
Flexibility & Stretching									
Weekly Grand Total									