



# Fitness Lifestyle Journal

Name \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

02.04 Body Mass Index \_\_\_\_\_

### 02.05 Fitness Testing

1. Check the chart for the standard for your age and record it in the first column.
2. Have your partner record your scores in the second column.
3. Read the fitness analysis in 02.07; record your goals for the end of the course.
4. Sign your name at the bottom and have a parent sign to verify your scores.
5. Fax this completed table to your instructor.
6. In the assignment area, enter the date you faxed the score sheet.

Date of testing \_\_\_\_\_

<b>Fitness Test</b>	<b>Standard for Your Age</b>	<b>Score</b>	<b>Goal for End of course</b>
<b>Mile Run</b>			
<b>Sit-and-Reach</b>			
<b>Curl-ups</b>			
<b>Pull-ups</b>			

Student signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

**By signing above, I verify that this activity has been completed and the information is correct.**

## 02.06 Shopping for a Stress Free Lifestyle

Record any stressors you checked yes for listing them from easiest to hardest to change.

Two changes to work on now:

Today's date: \_\_\_\_\_

1.

2.

Two changes to work on 3 weeks from today's date:

Beginning date for these: \_\_\_\_\_

1.

2.

Two changes to work on 6 weeks from the above date:

Beginning date for these: \_\_\_\_\_

1.

2.

Two changes to work on 9 weeks from the above date:

Beginning date for these: \_\_\_\_\_

1.

2.

**Continue to work on these changes for the rest of your life. Make them a lifestyle choice.**

Name \_\_\_\_\_ Date \_\_\_\_\_

**Compile the information in Module 2 to complete your Fitness Lifestyle Design. Once completed, post a copy for your use and submit a copy to your instructor.**

### **02.02 Nutritional Analysis**

Now:

3-week goal:

6-week goal:

9-week goal:

End goal:

### **02.03 Activity Time**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

### **02.04 Body Mass Index**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

### **02.05 Fitness Analysis**

#### **Cardio**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

#### **Flexibility**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

#### **Abdominal Strength**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

#### **Upper body strength**

Now:

3-week goal:

6-week goal:

9-week:

End goal:

### **02.06 Handling Stress**

See previous page of journal

Name \_\_\_\_\_ Beginning Date \_\_\_\_\_

### 03.03- 03.05 Sensational Sixty

**After 3 weeks of participation or at the end of Module 4, fax or mail these two, pages to your instructor.**

#### 03.03 Warm-up- Sensational Sixty

Circle the activity you will do for your 5-10 minute warm-up:

- Rope jumping
- Brisk walking
- Stationary bicycle riding
- Stationary rowing movement

#### 03.03 Static Stretches- Sensational Sixty

1. Perform these exercises at least **three** times a week for the next **three** weeks prior to your cardio and muscular endurance exercises. The amount of time to hold the position should be increased in small intervals ... from 20 seconds to 23 to 26, etc.
2. At the top of each column, enter the date you exercised.
3. Next to each exercise, list the seconds the stretch was held.

DATE														
Upper back														
Lower back														
Side														
Modified glutei														
Calf														
Modified hurdler														
Lying quad														
Chest/biceps														
Shoulder/biceps														

#### 03.05 Cardio Sensational Sixty Your RHR \_\_\_\_\_ Your THR \_\_\_\_\_

Add 15 minutes of cardio to the above warm-up and stretch routine. Circle the cardio activity you will do.

Rope jumping

Brisk-walking

Biking

Rowing

Jogging

Stair stepping

Name \_\_\_\_\_ Beginning Date \_\_\_\_\_

### 03.05 Muscular Strength- Sensational Sixty

1. Choose at least one exercise from each group to add to your routine. Circle those you will do.
2. Begin with 1 set of 12-20 repetitions. Record the number of set and reps next to each exercise.
3. Put the date at the top of each column.
4. At the end of three weeks, fax the completed chart to your instructor.

**Don't forget to follow up with your stretches and a cool down.**

[illegible]

Combining your warm-up, stretch, cardio, and strength workout along with your cool down completes the Sensational Sixty Workout. At the end of three weeks, please fax or mail it to your instructor. By signing below, you are verifying the work was performed.

**Student signature** \_\_\_\_\_

Parent Signature \_\_\_\_\_

**By signing above, I verify that this activity has been completed and the information is correct.**

04.02 Continental Breakfast

Using the information from the lesson, design three breakfasts that you would enjoy eating to start your day.

Day 1	Day 2	Day 3

How many fruits have you included?

How many dairy products have you included?

How many servings of bread have you included?

How many servings of protein have you included?

Are there any fats for which something else could be substituted?

Name \_\_\_\_\_ Beginning Date \_\_\_\_\_

### 04.03 The Super Sixty

Before beginning the Super Sixty, examine your last day of your Sensational Sixty. You may choose to keep the same warm-up, stretch, and cardio routine. However, you should try the new muscular strength and endurance exercises listed below. **After 3 weeks of participation or at the end of Module, fax or mail the two, pages to your instructor.**

**Circle the activity you will do for your 5-10 minute warm-up:**

**Rope jumping      Brisk walking      Stationary bicycling      Stationary rowing**

### 04.03 Flexibility Dynamic Stretches

1. Perform these exercises at least **three** times a week for the next **three** weeks prior to your cardio and muscular endurance exercises.
2. At the top of each column, enter the date you exercised.
3. Next to each exercise, list the number of **reps**. The number should be increased every few days.

Dates																		
Upper back/ torso																		
Lower back																		
Side																		
Glutei																		
Calf																		
Straddle																		
Front Lunge																		
Chest/biceps																		
Shoulder/triceps																		

**04.03 Cardio--Sensational Sixty** Your RHR \_\_\_\_\_ Your THR \_\_\_\_\_

Add 20-30 minutes of cardio to your warm-up and stretch routine. Circle the cardio you will do.

Rope Jumping      Stair Stepping      Brisk walking      Swimming; no gliding

Biking; no coasting      Rollerblading      Jogging

### 04.03 Muscular Strength

1. Choose at least one or two exercises from each group to add to your routine. Circle or check those you will do. You may add exercises from each group when you choose to.
2. Begin with 1 set of 4-8 repetitions. Record the number of set and reps next to each exercise. For example, if you do 1 set of 5 reps, you should record 1/5.
3. Put the date at the top of each column.



Name \_\_\_\_\_ Beginning Date \_\_\_\_\_

<b>Date</b>																			
<b>Quads/Hamstrings/Buttocks</b>																			
Stationary lunges																			
Alternating rear lunges																			
Alternating front lunges																			
Traveling front lunges																			
Side squats																			
Wide Stance squats																			
<b>Hamstrings/Buttocks</b>																			
Hamstring curls																			
Hip extensions																			
<b>Outer thigh</b>																			
Side leg raises																			
Side hip raises																			
<b>Inner Thigh</b>																			
Side bent knee raises																			
Straddle raises																			
<b>Calf</b>																			
Heel raises on step																			
<b>Chest/Shoulder/Triceps</b>																			
Fly																			
Press																			
Push-up																			
Reverse push-up																			
<b>Back</b>																			
One arm row																			
Pullovers																			
Upper body lift																			
Opposite arm and leg lift																			
Shoulder blade squeeze																			
<b>Shoulders</b>																			
Lateral raise																			
Scissors																			
<b>Triceps</b>																			
Triceps extension overhead																			
Triceps extension																			
<b>Biceps</b>																			
Curl																			
Hammer																			
<b>Abdominal</b>																			
Crunch																			
Rotating crunch																			
Knee tucks																			
Alternating knee lifts																			

Student signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

**By signing above, I verify that this activity has been completed and the information is correct.**

04.04 Picnic Lunch

Using the information from the lesson, design two lunches that you would enjoy.

Refer to a school lunch menu and record two lunches that include foods you like.

Lunch 1	Lunch 2	School Lunch 1	School Lunch 2

How many fruits have you included?

How many dairy products have you included?

How many servings of bread have you included?

How many servings of protein have you included?

Are there any fats for which something else could be substituted?

What keeps you from eating lunch?

## 04.05 Body Alignment

Name \_\_\_\_\_ Date \_\_\_\_\_

Partner's signature \_\_\_\_\_

**By signing above, I verify that this activity has been completed and the information is correct.**

Perform each exercise and have a partner check off the body alignment. Work on any areas not checked off.

### Stationary Lunges

- ☐ Chest is high.
- ☐ Knees do not extend past the toes.

### Alternating Rear Lunges

- ☐ Chest is high.
- ☐ Knees do not extend past the toes.
- ☐ Front knee over the front foot

### Alternating Front Lunges

- ☐ Chest is high.
- ☐ Knees do not extend past the toes.
- ☐ Front knee over the front foot.
- ☐ Back knee does not hit the ground.

### Traveling Front Lunges

- ☐ Chest is high.
- ☐ Knees do not extend past the toes.
- ☐ Front knee over the front foot.
- ☐ Back knee does not hit the ground.

### Side Squats

- ☐ Chest lifted.
- ☐ Back straight.
- ☐ Knees do not go beyond toes

### Squats Wide Stance

- ☐ Chest lifted.
- ☐ Back straight.
- ☐ Knees do not go beyond toes

### Hamstring Curls

- ☐ Hips remain on the floor

### Hip Extensions

- ☐ Head is down
- ☐ Back does not arch

### Side Leg Lifts

- ☐ Head and neck straight.
- ☐ Leg does not swing upward.
- ☐ Foot remains flexed.

### Side Hip Lifts

- ☐ Upper and lower body aligned.

### Inner Thigh Raises

- ☐ Chest and shoulders held high.
- ☐ Leg does not swing upward.

### Heel Raises on Step

- ☐ Movement is slow and controlled.

### Heel Raises with Toes in

- ☐ Movement is slow and controlled.

### Fly

- ☐ Weights stay above shoulders.
- ☐ Elbows kept slightly bent.

### Press

- ☐ Elbows do not lock when arms straighten

### Push-up

- ☐ Head and neck aligned.
- ☐ Body straight like a board.

### Reverse Push-up

- ☐ Head and neck aligned.
- ☐ Body straight like a board.

### One Arm Row

- ☐ Elbow next to the body.

### Pullovers

- ☐ Elbows slightly bent.
- ☐ Weight does not drop below the shoulders.

### Upper Body Lift

- ☐ Abdomen on the floor.
- ☐ Head looks down.

### Opposite Arm and Leg Lift

- ☐ Arms and legs are not locked straight.
- ☐ Head and neck are aligned with torso.
- ☐ Movement is controlled; no swinging.

### Shoulder Blade Squeeze

- ☐ Shoulders down.
- ☐ Chest lifted.

### Lateral Raise

- ☐ Weights do not swing upward.
- ☐ Exhale on the lift.

### Scissors

- ☐ Palms are facing in.
- ☐ Weight does not go behind the head.
- ☐ No swinging of the weights

### Triceps Extension Overhead

- ☐ Wrist straight.
- ☐ Shoulders down.

### Triceps Extension

- ☐ Upper body still.
- ☐ Weights do not swing.

### Curl

- ☐ Knees relaxed.
- ☐ Shoulders back.
- ☐ Chest high.

### Hammer

- ☐ Knees relaxed.
- ☐ Shoulders back.
- ☐ Chest high

### Crunch

- ☐ Shoulders lead the way.

### Knee Tuck

- ☐ Motion is slow and controlled.

### Rotating Crunch

- ☐ Shoulders lead the way.

### Alternating Knee Lifts

- ☐ Head is not pulled with hands.

## 04.08 Snack Delite

Based on your age and gender, how many daily calories do you need?

\_\_\_\_\_

What amount of the following nutrients do you need?

Total Fat            \_\_\_\_\_

Saturated Fat        \_\_\_\_\_

Cholesterol          \_\_\_\_\_

Total Carbs          \_\_\_\_\_

Dietary Fiber        \_\_\_\_\_

Protein                \_\_\_\_\_

## 06.05 Final Fitness Evaluation

Name \_\_\_\_\_

Date of testing \_\_\_\_\_

1. Check the chart for the standard for your age and record it in the first column.
2. Record the standard for each test from 02.05.
3. Look back at lessons 02.05 and 02.07. Record these scores in column 2 and 4.
4. Have your partner record your scores from 06.05 in the column 3.
5. **Duplicate this chart in your word processing program to submit in the assignment area.**
6. **Be sure to include the answers to the questions below.**

### Part II

1. If you met your goal, 3 activities from the class which helped you.
2. If you did not meet your goal, 3 reasons why you think this was the case.
3. Additional comments are encouraged.

Fitness Test	Standard for Your Age	Score from 02.05	Score Today 06.05	Goal from 02.07 for the End of Course
Mile Run				
Sit-and-Reach				
Curl-ups				
Pull-ups				

Student signature \_\_\_\_\_

Parent signature \_\_\_\_\_

**By signing above, I verify that this activity has been completed and the information is correct.**

## 06.07 In –Room Movie

You were given two ways to compute the approximate number of calories your body uses each day.

1. Sedentary, multiply your weight in pounds by 15.
2. Moderately active, multiply your weight in pounds by 17.
3. Strenuously active, multiply your weight in pounds by 20.

**Answer after doing the math from above:**

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