

### 3.4 Tracking and Reflecting on Your Cardio Circuit

#### Cardio Log Information

Your cardio log helps you track:

- Which cardio circuit you completed
- Number of rounds completed
- Exercise duration (minutes)
- Difficulty level (1-5 scale)
- How your body and mind felt

#### My Cardio Circuit Performance

Date	Circuit Name	Rounds Completed	Total Time (min)	Difficulty (1-5)

#### Workout Reflection

How did my body feel during different exercises?

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Which activities were most enjoyable and why?

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Which activities made me work hardest?

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How do I feel after completing my circuit?

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### My SMART Fitness Goal

**Specific:** \_\_\_\_\_

**Measurable:** \_\_\_\_\_

**Achievable:** \_\_\_\_\_

**Relevant:** \_\_\_\_\_

**Time-bound:** \_\_\_\_\_

My complete SMART goal:

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### Circuit Adjustments

What will I change about my circuit next time?

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### Progress Tracking

Date	Rounds	Time	How I Felt (1-5)	Notes for Improvement