



OUR LADY OF FATIMA UNIVERSITY

ACTIVITY 1.1 FITNESS JOURNAL (PRELIMS | MIDTERM | FINALS)

WEEK NO.: 2

NAME: DELA TORRE, LUIS AURELIO N. INSTRUCTOR: MA. JOALYN R. SARMIENTO DATE OF SUBMISSION: 8/11/2025

CLASS SCHEDULE: SAT, 2:30 – 4:30 PM

Food Log

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	REST DAY
BREAKFAST	Bread	Bread	Bread	Bread	Bread	Bread
LUNCH	Adobo	Caldereta	Pork Nilaga	Fish	Mixed Vegetables	Grilled Fish
DINNER	Siomai Rice	Scrambled Egg	Chicken BBQ	Noodles	Luncheon Meat	Sisig

Physical Activity Log

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	REST DAY
RHR	72 bpm	71 bpm	70 bpm	70 bpm	71 bpm	69 bpm
HR (after activity)	130 bpm	125 bpm	95bpm	128 bpm	132 bpm	72 bpm
PHYSICAL ACTIVITY (DURATION)	Cardio Circuit - 30 min	Upper Body & Core Strength – 35 min	Light Walk/Yoga – 30 min	Lower Body Power – 35 min	Full Body & Flexibility – 40 min	Light stretching – 15 min



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ACTIVITY 1.2: ANTHROPOMETRIC MEASUREMENT

WEEK 1

NAME: DELA TORRE, LUIS AURELIO N. INSTRUCTOR: MA. JOALYN R. SARMIENTO CLASS SCHEDULE: SAT, 2:30 – 4:30 PM

HEIGHT: 168cm, 5'6 ft. | WEIGHT: 73 kg.

BMI: 25.9 | DESCRIPTION: Overweight

(ANTERIOR)



(POSTERIOR)



(LEFT SIDE)



(RIGHT SIDE)





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WHAT IS YOUR FITNESS GOAL? To lose weight/fat and build muscle/strength.

REFLECTION/INSIGHTS

FOOD LOG:

- Reflecting on my food log, it's clear that I'm trying to maintain a consistent breakfast routine with bread each morning. My lunches and dinners, however, are quite varied throughout the week, offering a mix of different dishes and other meals. I see a good balance of protein sources like chicken, pork, and fish, and I even included a meal with mixed vegetables on day 5. My rest day also seems to be a day for some grilled fish and sisig, which is a nice treat. This log helps me visualize my eating habits and think about where I could make small adjustments to better support my fitness goals.

PHYSICAL ACTIVITY LOG:

- Logging my workouts really helped me stay on track. I knew exactly what I was doing each day, whether it was cardio, strength training, or stretching, which was key for burning fat and building muscle. My stamina got better and my muscles felt stronger as the week went on. I even tracked my heart rate before and after my workouts, which showed me how hard I was pushing myself and how my body was getting used to the routine. It really hit home for me how much of a difference regular exercise makes and that all those small daily efforts truly add up.

