**PED 1030 – ACTIVITY LOG (100 points)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Terrence Chungong** | **Week** | **{{weekNumber}}** |

**For Cardio Conditioning, you must indicate the name of the activity, the time, and the mileage (4 laps on the track / 2,000 steps = 1 mile). Pay attention to spelling and grammar.**

**For Strength Training, you must indicate the name of the exercises, the weight used, the sets, and repetitions. Pay attention to spelling and grammar.**

**For Flexibility, you must indicate the name of the exercises and the amount of time spent on each exercise. Pay attention to spelling and grammar.**

**CARDIO CONDITIONING**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Activity** | **Time & Distance** | **Date** | **Activity** | **Time & Distance** |
| **{{runDate1}}** | **{{cardio1}}** | **{{timeDistance1}}** | **{{runDate3}}** | **{{cardio3}}** | **{{timeDistance3}}** |
| **{{runDate2}}** | **{{cardio2}}** | **{{timeDistance2}}** |  |  |  |

**STRENGTH TRAINING**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Exercise** | **Weight** | **Sets & Reps** | **Date** | **Exercise** | **Weight** | **Sets & Reps** |
| {{date1}} | {{strength1}} | {{weight1}} | {{setsReps1}} | {{date8}} | {{strength8}} | {{weight8}} | {{setsReps8}} |
| {{date2}} | {{strength2}} | {{weight2}} | {{setsReps2}} | {{date9}} | {{strength9}} | {{weight9}} | {{setsReps9}} |
| {{date3}} | {{strength3}} | {{weight3}} | {{setsReps3}} | {{date10}} | {{strength10}} | {{weight10}} | {{setsReps10}} |
| {{date4}} | {{strength4}} | {{weight4}} | {{setsReps4}} | {{date11}} | {{strength11}} | {{weight11}} | {{setsReps11}} |
| {{date5}} | {{strength5}} | {{weight5}} | {{setsReps5}} | {{date12}} | {{strength12}} | {{weight12}} | {{setsReps12}} |
| {{date6}} | {{strength6}} | {{weight6}} | {{setsReps6}} | {{date13}} | {{strength13}} | {{weight13}} | {{setsReps13}} |
| {{date7}} | {{strength7}} | {{weight7}} | {{setsReps7}} | {{date14}} | {{strength14}} | {{weight14}} | {{setsReps14}} |

**FLEXIBILITY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Exercise** | **Time** | **Date** | **Exercise** | **Time** |
| {{date1}} | {{stretch1}} | {{time}} |  |  |  |
| {{date2}} | {{stretch1}} | {{time}} |  |  |  |
| {{date3}} | {{stretch1}} | {{time}} |  |  |  |
| {{date4}} | {{stretch1}} | {{time}} |  |  |  |
| {{date5}} | {{stretch1}} | {{time}} |  |  |  |
| {{date6}} | {{stretch1}} | {{time}} |  |  |  |
| {{date7}} | {{stretch1}} | {{time}} |  |  |  |

**REFLECTION**

|  |
| --- |
|  |