



COOPERTHON

NAME: _____ EMAIL: _____ SHIRT SIZE: _____

Turn in your exercise log to the Service Desk by November 10, 2017.

	DATE	ACTIVITY/EXERCISE	MINUTES TODAY TOTAL		
CARDIOVASCULAR FITNESS Strengthen your heart so it can do more with less effort thanks to improved cardiovascular health. 	10/2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
BLOOD WORK Improve your cholesterol profile by performing aerobic activity at least 30-40 minutes, 3-4 days per week. 	10				
	11				
	12				
	13				
	14				
	15				
BODY COMPOSITION Decrease body fat while increasing muscle mass with a combined routine of aerobic (cardio) and anaerobic (strength training). 	16				
	17				
	18				
	19				
	20				
	21				
	22				
FUNCTIONAL FITNESS Incorporate stretching and strengthening into your exercise program to maintain flexibility, stability, mobility and balance. 	23				
	24				
	25				
	26				
	27				
	28				
	29				
STRESS MANAGEMENT Manage anxiety and how your body responds to stress with endurance activities, which release endorphins in your brain. 	30				
	31				
	11/1				
	2				
	3				
	4				
5					
			TOTAL		