

Personal Fitness Chart

Dates: _____ to _____	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Weekly Goal
Aerobic exercise <i>List Activity & Number of Minutes</i>								150 minutes moderate exercise Or 75 minutes vigorous
Muscle-building Upper body: Arms, shoulders, chest, abdomen, back <i>List Activity</i>								Twice weekly minimum, every other day
Muscle-building Lower body: Legs, hips <i>List Activity</i>								Twice weekly minimum, every other day

SOURCES: CDC web site, "Physical Activity for Everyone: How Much Physical Activity Do Adults Need?"
 CDC web site, "Physical Activity for Everyone: The Benefits of Physical Activity."