Fitness Exercise Journal

The purpose of this journal is to help you track the progress of your daily fitness routine. Below are several examples for entering data into this chart:

Fitness Exercise Journal				
Date	**Exercise**	**Time**	**Intensity**	**Mindset – Before, During or After Exercise**
4/6/09	*Elliptical cross-trainer*	*45 mins.*	*Hill Intervals*	*Tired when I began on the machine, but energize when I finished.*
4/7/09	*Aerobics Class*	*1 hour*	*Beginners*	*Excited and energized*
4/8/09	*Resistance Training – Lifting (Arms – Triceps, Biceps and Shoulders)*	*30 mins.*	*3 sets of 15 reps for each muscle group*	*Sore the next day*

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Water, Fiber and Sodium Journal

Water: Track by ounces

You should drink water daily. It not only quenches your thirst but helps boost your metabolism and assist in the digestion process. The amount of water that you drink per day depends on an number of factors such as your health condition, exercise activities or amount of coffee or tea that you consume. It is recommended that you drink 8-10 glasses (8 ounces) of water per day. However, based on the factors mention, it may require more or less. Tracking your water intake will help you lose weight.

Fiber: Track by grams

Fiber is an important part of any diet. It helps lower cholesterol, prevent constipation and improve digestion. Most people consume 15 grams of fiber a day. It is recommended that 20-30 grams of fiber per day.

Sodium: Track by milligrams

High levels of sodium are putting people at risk for high blood pressure and other diseases. Sodium is in everything. The amount that we consume is twice the daily recommendation which is 1500 milligrams.

	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Week 1							
Water							
Fiber							
Sodium							
Week 2							
Water							
Fiber							
Sodium							
Week 3							
Water							
Fiber							
Sodium							
Week 4							
Water							
Fiber							
Sodium							

DAILY FOOD JOURNAL

The purpose of this daily food journal is to track your eating habits. While listing the foods that you eat, pay attention to your feelings to determine if you are an emotional eater.

Tip: Calories in one pound of fat is 3500. For example, to lose 1 pound per week while exercising, you need to burn 500 calories per day from a 3500 calorie diet.

Day	Monday	Calories	Tuesday	Calories	Wednesday	Calories	Thursday	Calories
Breakfast								
Morning Snack								
Lunch								
Afternoon Snack								
Dinner								
Total								

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Day	Friday	Calories	Saturday	Calories	Sunday	Calories
Breakfast						
Morning Snack						
Lunch						
Afternoon Snack						
Dinner						
Total						