

Fitness Action Plan

Outdoor Workout

Tracking Card



Name: _____

Member Number: _____

		Date:										
		Warm-up: 5 minutes										
		Cardiovascular: 15-60 minutes										
		Record your cardiovascular activity below										
Target Heart Rate Zone		Distance										
		Intensity										
		Time										
		Strength Exercise: 8-12 repetitions										
		Keep track of your <u>W</u> eights and <u>R</u> epetitions										
		Notes	W / R	W / R	W / R	W / R	W / R	W / R	W / R	W / R	W / R	W / R
1	10M lunges											
2	Slosh Pipe Hill Walks											
3	Tire Flips											
4	Sled Pushes											
5	Med ball slams											
6	Med ball chest pass - sprint											
7	Lateral shuffle – 10M											
8	Hill runs											
9												
10												
		Stretch: hold each stretch for 20-30 seconds										
		Collect a signature for Frequent Fitness Points										