

The Fitness Points Log

<i>FITNESS ACTIVITY</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTAL
<i>Strength Training with proper form</i>								
<i>Cardiovascular Training</i>								
<i>Flexibility/Stretching</i>								
<i>Diet/Eating Plan</i>								
<i>Other</i>								
<i>Weekly Grand Total</i>								

The Fitness Points Log Scoring System

Strength Training with Proper Form

1 point per body part per day

Maximum: 6 points per day/24 points per week

Cardiovascular Training

1 point per every ten minutes each day: brisk walking, running, hiking, swimming, stepping machines, group fitness classes, etc.)

Maximum: 6 points per day/30 points per week

Example: 1 hour group fitness class – 6 points

30 minutes treadmill at target heart rate – 3 points

Flexibility/Stretching

1 point per every 15 minutes stretching/flexibility exercise

Maximum: 4 points per day/20 points per week

Example: 1 hour yoga class – 4 points

15 minutes stretching after workout – 1 point

Diet/Eating Plan

1 point for each day not exceeding suggested calorie level (see good food pyramid for details)

1 point for each of six groups checked off as adequate on the eating plan analysis (see EPA in Appendix E).

Maximum: 7 points per day/49 points per week

Other

1 point for each of the following:

- Gardening/yard work per hour
- Moving the lawn (non-riding mower) per hour
- Taking the stairs (minimum 3 flights per day)
- Housework (active involvement) per hour
- Walking 1000 steps (at work, at home or at the mall, etc.) *Note: 1000 steps is equivalent to one-third or one-half of a mile depending on stride strength.*
- Calisthenic Exercise per 15 minutes

Maximum: 6 points per day

Weekly Fitness Points Program Ratings

120 and Higher: Superior

100 to 119: Great

80-99: Good

60-79: Room for Improvement

40-59: Borderline "Couch Potato"

20-39: Poor

Less than 20: Dangerous