

# Daily fitness assessment

Chart your weight-training progress daily by writing in the specific exercises you'll select from your Personal Fitness Guide. Each time you train, fill in the date and amount of weight lifted each repetition. This will help you keep track of how you're progressing.

NAME: \_\_\_\_\_

## UPPER BODY EXERCISES

DATE: \_\_\_\_\_

Exercise choose one from each group		Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	4. Dumbbell Incline Press	x12	
	2. Barbell Incline Press	5. Dumbbell Flyes	x10	
	3. Dumbbell Bench Press	6. Cable Crossovers	x8-10	
	>Fill in exercise chosen		x6-12	
	>Choose another exercise from same group		x12-20	
	>Choose another exercise from same group		x12-20	
Back	1. Pull-Ups	4. Seated Cable Rows	x12	
	2. Wide-Grip Lat Pulldown	5. Back Extensions	x10	
	3. One-Arm Dumbbell Rows	6. Straight-Arm Pulldowns	x8	
	>Fill in exercise chosen		x6	
	>Choose another exercise from same group		x12-20	
	>Choose another exercise from same group		x12-20	
Shoulders	1. Seated Dumbbell Press	4. Reverse Flyes	x12	
	2. Front Raises	5. Upright Cable Rows	x10	
	3. Lateral Raises	6. Upright Barbell Rows	x8-10	
	>Fill in exercise chosen		x6-12	
	>Choose another exercise from same group		x12-20	
	>Choose another exercise from same group		x12-20	
Biceps	1. Alternate Dumbbell Curls	4. Concentration Curls	x12	
	2. Barbell Curls	5. Cable Curls	x10	
	3. Preacher Curls	6. Hammer Curls	x8	
	>Fill in exercise chosen		x6	
	>Choose another exercise from same group		x12-20	
	>Choose another exercise from same group		x12-20	
Triceps	1. Seated Tricep Presses	4. Triceps Pushdowns	x12	
	2. Lying Triceps Presses	5. Cable Extensions	x10	
	3. Triceps Kickbacks	6. Bench Dips	x8	
	>Fill in exercise chosen		x6	
	>Choose another exercise from same group		x12	
	>Choose another exercise from same group		x12	



# Daily fitness assessment

NAME: \_\_\_\_\_

Date: \_\_\_\_\_

## CARDIO

MINUTES	LEVEL	SPEED
0 ~ 1	5	
1 ~ 2	6	
2 ~ 3	7	
3 ~ 4	8	
4 ~ 5	9	
5 ~ 6	5	
6 ~ 7	6	
7 ~ 8	7	
8 ~ 9	8	
9 ~ 10	9	
10 ~ 11	5	
11 ~ 12	6	
12 ~ 13	7	
13 ~ 14	8	
14 ~ 15	9	
15 ~ 16	5	
16 ~ 17	6	
17 ~ 18	7	
18 ~ 19	8	
19 ~ 20	9	
20 ~ 21	10	
21 ~ 22	5	



