APPENDIX C

PHYSICAL FITNESS LOG

Soldiers can use a physical fitness log to record their fitness goals. The log will serve as a diary of how well they achieve them. Fitness goals are determined before the training begins. The results should closely parallel or exceed the unit's goals. While this is not a requirement, the log may also be used by commanders and supervisors as a record of physical fitness training. Figure C-1 shows an example of a physical fitness log that could be reproduced locally.

PHYSICAL FITNESS LOG

Name (Last) First MI	Rank	Sex (Circle) M F	Organization

Week	Date	Phase of Training	Exercise Activity No. 1	Reps, Time, Distance, Etc.	Heart Rate Attained	Exercise Activity No. 2	Reps, Time, Distance, Etc.	Heart Rate Attained

SAMPLE

INSTRUCTIONS: 1. Record each workout by entry of date, phase of training, activities performed, and heart rate attained. Also indicate the repetitions, time, or other indication of performance for each activity in the block provided.

2. At the end of each week, extend the last horizontal line to the left to indicate the end of the week, and place the number of the week in the weekly column.

Figure C-1