

Instructions: Complete the wellness log for the assigned week. **You may either type entries directly into the log or you may handwrite entries into a printed log, scan the log, and save as a PDF.** You can upload this wellness log directly to FitnessDecisions.com using the 'Upload' link in the appropriate lesson within your Fitness Decisions class dashboard. You must save this as a PDF to upload.

Wellness Log

Name: _____

Instructor: _____

Date: _____

Exercise	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.

Cardio Exercises	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

Sleep (hours)				
Calories Consumed				

Before starting any diet or fitness program, consult your physician to determine if such program is right for your needs. If you have any injuries, special health considerations or are unfamiliar with any exercise, do not attempt without first consulting your physician or instructor.
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