Exercise Log

1) Include aerobic (endurance), strength (resistance), and flexibility workouts each week.
2) Devote 5-10 minutes to warming up and cooling down.
3) Drink plenty of fluids, before, during, and after your workout.
4) Adjust your workout to the weather conditions.
5) Listen to your body and adjust your workout intensity accordingly.

Date	Weight	Activity	Duration	Distance	Notes