


Name: \_\_\_\_\_

Personal Goal: \_\_\_\_\_

# SOMD 90 Day Fitness Challenge Activity Log

**STEP 1: CHOOSE TO MOVE! WRITE IN HOW MANY MINUTES YOU EXERCISED FOR EACH DAY**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
<b>Week 1</b>				September 22	September 23	September 24	September 25	<b>Weekly Total</b>
				_____ min. 	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 2</b>	September 26	September 27	September 28	September 29	September 30	October 1	October 2	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 3</b>	October 3	October 4	October 5	October 6	October 7	October 8	October 9	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 4</b>	October 10	October 11	October 12	October 13	October 14	October 15	October 16	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.

ENDURANCE IS THE ABILITY OF YOUR BODY TO KEEP MOVING FOR LONG PERIODS OF TIME. ENDURANCE CAN HELP YOU RUN FURTHER DISTANCES WITHOUT STOPPING AND PRACTICE LONGER WITH FEWER BREAKS

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
<b>Week 5</b>	October 17	October 18	October 19	October 21	October 21	October 22	October 23	<b>Weekly Total</b>
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min.
<b>Week 6:</b>	October 24	October 25	October 26	October 27	October 28	October 29	October 30	<b>Weekly Total</b>
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min.
<b>Week 7:</b>	October 31	November 1	November 2	November 3	November 4	November 5	November 6	<b>Weekly Total</b>
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min.
<b>Week 8:</b>	November 7	November 8	November 9	November 10	November 11	November 12	November 13	<b>Weekly Total</b>
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min.

STRENGTH IS THE ABILITY OF YOUR BODY TO DO WORK. STRENGTH  
GIVES YOU THE ABILITY TO JUMP HIGHER. THROW FARTHER, AND  
SPRINT FASTER

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
<b>Week 9:</b>	November 14	November 15	November 16	November 17	November 18	November 19	November 20	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 10:</b>	November 21	November 22	November 23	November 24	November 25	November 26	November 27	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 11:</b>	November 28	November 29	November 30	December 1	December 2	December 3	December 4	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
<b>Week 12:</b>	December 5	December 6	December 7	December 8	December 9	December 10	December 11	<b>Weekly Total</b>
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.

**FLEXIBILITY IS THE ABILITY TO MOVE EASILY ALL DIRECTIONS.  
BEING FLEXIBLE MAKES IT EASIER TO DO SPORTS AND HELPS  
PREVENT INJURIES TO YOUR MUSCLES AND JOINTS!**



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
<b>Week 13</b>	December 12	December 13	December 14	December 15	December 16	December 17	December 18	<b>Weekly Total</b>
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
<b>Week 14:</b>	December 19	December 20	December 21					<b>Weekly Total</b>
	_____min	_____min	_____min 					_____min.

**STEP 2: ADD UP THE MINUTES YOU EXERCISED EACH MONTH AND PUT THE TOTALS HERE:**

\_\_\_\_\_ TOTAL MINUTES: SEPTEMBER

\_\_\_\_\_ TOTAL MINUTES: OCTOBER

\_\_\_\_\_ TOTAL MINUTES: NOVEMBER

\_\_\_\_\_ TOTAL MINUTES: DECEMBER

**BALANCE IS THE ABILITY OF YOUR BODY TO STAY UPRIGHT OR STAY IN CONTROL OF YOUR MOVEMENTS. BALANCE HELPS YOU TO STAY IN CONTROL WHEN YOU ARE PLAYING SPORTS AND HELPS YOU TO AVOID FALLS**

**STEP 3 - REFLECT: HOW DID YOU CHOOSE TO MOVE? WHAT DID YOU NOTICE WHEN COMPLETING THIS 90 DAY CHALLENGE?:**

