



# MOVING AHEAD: The Challenge

## Exercise and Fitness Worksheet

How will you change your exercise routine to incorporate the three main types of exercise into your schedule (cardiovascular, strength/resistance training, and flexibility/stretching exercises)?

Exercise 3 times a week for 2 weeks. What days do you plan to exercise? What changes in your schedule will you make in order to meet the recommended 30 to 60 minutes of moderate to vigorous exercise most days of the week? Will you wake up earlier? Will you use break time between classes? How will you reward yourself for meeting your exercise goals?

Once you begin your new routine, how do you feel? Do you notice any changes in your energy level? Your sleep patterns? Your appetite? Your studies? How can you measure the effectiveness of your exercise routine? If you don't see results right away, will you continue? Why or why not?

### MY TARGET HEART RATE

Monitor your heart rate immediately after finishing your workout, and then each minute for the following five minutes. How quickly does your body recover? Use the following example to calculate your target heart rate.

Example: 18 years old  
200  
-18  
202(maximum heart rate)  
 $202 \times (.60) = 121.2$  lower limit  
 $202 \times (.85) = 171.7$  upper limit

Are you meeting your target heart rate? Start at the lower end as a beginner then work toward the higher number as you increase your conditioning.

### MY ACTIVITY LOG

Date	Type of Physical Activity	Total Minutes	How I felt
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

