

First Name: _____

Last Name: _____

REC1040-1028-03 - Initial Fitness Record

Cardio Record (Goal to Decrease Time):

Equipment	Type of Exercise	Intensity Setting or Weight	Time or Reps (Minimum time)
<i>Treadmill</i>	<i>Running</i>	<i>Incline of 0.0% 1.0 miles</i>	
<i>Exercise Bike</i>	<i>Biking</i>	<i>Gear setting of 12 5.0 trip units</i>	
<i>Elliptical Machine</i>	<i>Running</i>	<i>Workload of 12 1.0 miles</i>	
<i>Row Machine</i>	<i>Rowing</i>	<i>1000 meters</i>	

Natural Body Exercises (Goal to Increase Reps):

Muscle Group	Type of Exercise	Intensity Setting or Weight	Time or Reps (Maximum number of reps)
<i>Stomach</i>	<i>Sit-up</i>	<i>Natural Body Weight</i>	
<i>Chest, Triceps</i>	<i>Push-up</i>	<i>Natural Body Weight</i>	
<i>Back, Biceps</i>	<i>Chin-up</i>	<i>Natural Body Weight (Thumbs toward you)</i>	
	<i>Pull-up</i>	<i>Natural Body Weight (Thumbs away from you)</i>	
	<i>Assisted Pull-Up</i>	<i>Natural Body Weight with 20lbs assist (Thumbs away from you)</i>	
<i>Triceps</i>	<i>Dips</i>	<i>Natural Body Weight</i>	

Weight Record (Goal to Increase Weight):

Muscle Group	Equipment	Type of Exercise	Time or Reps	Intensity Setting or Weight (Maximum Weight in Lbs)
<i>Chest, Triceps</i>	<i>Bench Press Station</i>	<i>Bench Press (Barbell)</i>	<i>3</i>	
	<i>Bench Press Station</i>	<i>Bench Press (Barbell)</i>	<i>5</i>	
	<i>Bench, Dumbbells</i>	<i>Bench Press (Free weights)</i>	<i>10</i>	
<i>Back, Biceps</i>	<i>Seated Cable Row Machine</i>	<i>Row</i>	<i>5</i>	
	<i>Seated Pull-Down Machine</i>	<i>Pull-Down</i>	<i>5</i>	
<i>Biceps</i>	<i>Dumbbells</i>	<i>Bicep Curls (Free weights)</i>	<i>5 per arm</i>	
	<i>Barbell</i>	<i>Bicep Curls (Barbell)</i>	<i>5</i>	
<i>Legs</i>	<i>Barbell</i>	<i>Squats(Barbell)</i>	<i>5</i>	
	<i>Leg Press Machine</i>	<i>Leg Press</i>	<i>5</i>	
<i>Shoulders</i>	<i>Dumbbells</i>	<i>Shoulder Press (Free weights)</i>	<i>5</i>	
	<i>Shoulder Press Machine</i>	<i>Shoulder Press</i>	<i>5</i>	

Sports Activity (Goal to Increase Successes):

Sport	Type of Exercise	Intensity Setting or Weight	Time or Reps (Successful Attempts)
<i>Basketball</i>	<i>Free-Throw</i>	<i>20 Attempts</i>	
	<i>Three Pointers</i>	<i>20 Attempts</i>	
	<i>Lay-Ups</i>	<i>20 Attempts</i>	

	3	2	1	0
Baseline Measurements	<i>Student created a baseline for 3+ exercises within all four categories.</i>	<i>Student created a baseline for 3+ exercises within 2-3 categories.</i> <i>Student created a baseline for 1-2 exercises within all four categories.</i>	<i>Student created a baseline for 3+ exercises within 1 category.</i> <i>Student created a baseline for 1-2 exercises within 2-3 categories.</i>	<i>Student created a baseline for 1-2 exercises within 0-1 categories.</i>