FIT-traxx Activity Tracker

FIT-traxx the Path to RESULTS

Name: _____ Week # _____

Directions: To maximize results during your FIT-*traxx* program, pay attention to the details of your nutrition, your interval cardio workouts and your strength training workouts. Complete Activity Tracker every night prior to bed. Follow these tips for optimal results.

Nutrition: Complete the RMR sheet for your caloric intake. Weigh and measure your food anytime possible. Read labels and track every calorie consumed. Eat 4-5 small meals daily.

Strength Training: Including your FIT-*traxx* sessions, perform three (3) strength training sessions weekly. Log activity type in the box.

Cardiovascular Training: Do interval sessions before or after class on FIT-*traxx* days. Intervals, a group class or endurance sessions should be performed on as many other days as possible. When doing intervals, reach a level "8" on a difficulty scale of 1-10 on the "Hard Level" and a level 5-6 on the Easy Level. Change the type frequently, treadmill to bike, bike to stepmill, Group Step to Group Ride, etc.

If you have any questions, please ask your FIT-*traxx* coach!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Log Calorie Intake Info	Yes___ Calories _____	Yes___ Calories _____	Yes___ Calories _____	Yes___ Calories _____	Yes___ Calories _____	Yes___ Calories _____	Yes___ Calories _____
FIT-*traxx* Class Days							
Other Strength Training							
Interval Cardio Session	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____	Type _____ Time ____ Hard Level _____ Easy Level _____
Other Cardio Session (class, endurance, etc)	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____	Type _____ Time _____ Level _____