

Fitness Log Hour Activities

Here are some activities you can do to fulfill fitness log portion of the course:
(Remember that the goal is to get your heart rate up above 100 bpm.)

Running

Biking

Swimming

Skating

Scootering

Jumping on the tramp

Weight lifting

Team sports:

Soccer

Football

Volleyball

Lacrosse

Etc.

Individual sports:

Tennis

Swimming

Track

Gymnastics

Cheer

Dance

Etc.

Strength training:

Weight lifting

Sprinting

Plyometrics

Etc.

You can count some activities, like yard work, or your job, for your fitness log hours, but not all of them. I normally let students count things like this for 10 - 20 hours.