# **Workout Log**

# Week:

# Goals:

# Cardio Exercises

**Type Time Distance Reps**

# Strength/ Endurance Exercises

Set 1 Set 2 Set 3

**Exercises Reps/ Wt Reps/ Wt Reps/Wt**

# **Workout Log**

# INTENSITY RATING:

(USING THE CHART BELOW)

# COMMENT:

(COMMENT ON YOUR WEEK)

**St. James Collegiate**

**Fitness Assessment Rubric**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Intensity**  **Level** | **Intensity**  **Description** | **Exercise Mode** | | | | **My Mark out of 10** |
| **Cardiovascular** | | | **Resistance** |
| **Description** | **% HRmax** | **10-sec HR** | **% RM** |
| **1** | **Extremely easy** | I'm quietly sitting. | **0-5** | **8-12** | **0-5** | **0-1** |
| **2** | **Easy** | I could maintain this comfortable pace. | **10-20** | **13-15** | **10-20** | **2-3** |
| **3** | **Very light** | I'm still comfortable, but am breathing a bit harder. | **20-30** | **16-18** | **20-30** | **4-5** |
| **4** | **Light** | I'm lightly sweating and can carry on a conversation effortlessly. | **30-50** | **19-20** | **30-50** | **5-6** |
| **5** | **Moderate** | I'm just above comfortable, am sweating more and can talk easily. | **50-60** | **21-22** | **50-60** | **7** |
| **6** | **Somewhat hard** | I can still talk, but am slightly breathless. | **60-70** | **23-24** | **60-70** | **8** |
| **7** | **Hard** | I can still talk, but I don't really want to. I'm sweating more. | **70-80** | **25-26** | **70-80** | **9** |
| **8** | **Very hard** | I can only keep this pace for a short time period. | **80-90** | **27-28** | **80-90** | **10** |
| **9** | **Extremely hard** | I cannot continue for long at this pace. | **90-95** | **29-30** | **90-95** | **10** |
| **10** | **Maximal exertion** | I cannot work harder - I have reached maximal exertion. | **100** | **31+** | **100** | **10** |