

# NON-ACTIVTRAX WORKOUT FORM

Use this form to record exercise activities that you performed in addition to your ActivTrax or other prescribed workouts.



## Member Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

## Activities Performed

Use the space below to record exercise activities performed on a particular date. To log activity for more than one date, please use an additional form.

Date of Activity: \_\_\_\_\_ Start Time: \_\_\_\_\_ a.m./p.m. (circle one)

Body Weight (optional): \_\_\_\_\_ lbs. RHR (optional): \_\_\_\_\_ BPM

Activity Type/Letter <i>See legend below</i>	Distance # and Units	Duration H: M: S	Average Heart Rate # BPM	Calories # KCal	Comments
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____

### Activities Legend

- |                       |                        |                 |
|-----------------------|------------------------|-----------------|
| A. Abdominal Training | H. Recumbent Bike      | O. Stretching   |
| B. Aerobic            | I. Resistance Training | P. Swimming     |
| C. Boot Camp          | J. Row Machine         | Q. Treadmill    |
| D. Elliptical Trainer | K. Running             | R. Upright Bike |
| E. Kick Boxing        | L. Ski Machine         | S. Walking      |
| F. Martial Arts       | M. Spinning            | T. Yoga         |
| G. Pilates            | N. Stairmaster         | U. Other _____  |