

Your COVID teleworking exercise routine.

1. When did you exercise (time of day/days of the week)? _____
2. Where did you exercise? _____
3. How did your exercising change? _____

Exercise	Frequency	Weight	Reps/Sets	Time	Distance

Your "New" Baseline (Post-COVID)

1. Assess your fitness level.
 - a. Resting heart rate: _____ bpm
 - b. Time to complete 1 mile walk or 1.5 mile run: _____:_____:_____

Hours Minutes Seconds
 - c. # pushups in 1 minute: _____
 - d. # situps in 1 minute: _____
 - e. Waist circumference (just above your hipbones): _____ inches
 - f. Weight: _____ pounds
 - g. BMI (look it up online): _____
 - h. BMI Interpretation: Under Weight Healthy Overweight Obese Very Obesity

Establish your fitness goals

1. Identify several possible fitness goals (weight loss, PT score, upcoming race or competition, etc.).

a. _____

b. _____

c. _____

d. _____

2. **S** Select the first goal you would like to focus on from the list above. Be **specific** (lose 25 lbs.).

3. **M** How will you **measure** your progress (pounds lost, weight lifted, # reps, # sets, walk time, run distance, etc.)? _____

4. **A** Is this an **achievable** goal for you? If not, how can it be more achievable? _____

5. **R** Is this a **realistic** goal for you? If not, how can it be more realistic? _____

6. **T** Identify your timeframe.

Start date: _____ Goal date: _____

Design your fitness program.

Brainstorm exercise ideas for both cardio and strength training.

Recommendations from the Department of Health and Human Services

Cardio – at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity a week

Strength – all major muscle groups at least two times a week

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Cardio Activities	Strength Activities	Flexibility Activities

