

## LVC Fit Club

Along with your Activity Log, this form will help you monitor your progress.

Measure	Phase 1 - Feb	Phase 2 - March	Phase 3 - April	
BMI				
Blood Pressure				
Body Fat				
Resting Pulse				
Measurements				
Weight				

### Phase

Phase 1:

Phase 2: Feb

Phase 3: March

Phase 4: April

### Personal Goal

30 minutes/3 times a week\*

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\*The American Heart Association recommends at least 30 minutes of exercise on most days of the week. More vigorous aerobic activities such as brisk walking, running, swimming, bicycling, roller-skating, and jumping rope -- done three to four times a week for 30-60 minutes --are best for improving the fitness of your heart and lungs. The Fit Club Team encourages you to see your doctor before beginning a new exercise regimen. For more information visit [www.americanheart.org](http://www.americanheart.org)