UC RIVERSIDE UNIVERSITY OF CALIFORNIA | Wellness Program

Physical Activity Log

			Cardio		Strength Training	
Date	Type of activity	Level	Duration	Distance	Sets/Reps	Weight
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				
		Easy Medium Hard				