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FITNESS IMPROVEMENT ACTIVITY LOG - AEROBIC TRAINING

AUTHORITY: 10 USC 8013.

PURPOSE: The information is collected to monitor the member's participation in a fitness program. ROUTINE USE: This information is not disclosed outside DoD. Disclosure is Mandatory. Failure to provide this information may result in either administrative discharge or punishment under the UCMJ.

Name/ Ra	nk:			Unit	:	Phone:				
Target Heart Rate (THR) Zone: 10			10 Second Heart Ra	ate (HR) Zone:		Target RPE Range:				
-	to	beats/minute			to beats		to			
Date	Duration of Aerobic Activity (Example: "35:20")	Aerobic Activity		Level/Pace/ Distance	Average Exercise HR/ RPE Range	Other	PT Leader/Instructor Validation			
	•	Practice	e Tests		•	UFPM 30-day FIP Review				
Date: Date:			Date:		Date:		,			
		Abdominal Cir:	Abdominal Cir:		Abdominal Cir:	Review Date:				
P/U:		P/U:	P/U:		P/U:					
Crunch:		Crunch:	Crunch:		Crunch:	Initials:				
Run Time:		Run Time:	Run Time:		Run Time:					

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PREVIOUS EDITIONS ARE OBSOLETE

FITNESS IMPROVEMENT ACTIVITY LOG - STRENGTH TRAINING																			
Name/ Rank:							Unit:						Phone:						
Instructor/Staff Validation																			
EXERCISE	Date																<u> </u>		
Push-ups	Sets Reps																<u> </u>		
Crunches	Sets																<u> </u>		
	Reps Weight Sets																		
	Reps Weight Sets																		
	Reps Weight																		
	Sets Reps																		
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	Reps Weight Sets																<u> </u>		
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