

# Cardio Program/Calories Expended Log

## Week 1

- Goal 1—Expend 300 cal/week
- Goal 2—Expend 500 cal/week
- Goal 3—Expend 900 cal/week

## Week 2

- Goal 1—Expend 400 cal/week
- Goal 2—Expend 800 cal/week
- Goal 3—Expend 1000 cal/week

## Week 3

- Goal 1—Expend 500 cal/week
- Goal 2—Expend 900 cal/week
- Goal 3—Expend 1200 cal/week

## Week 4

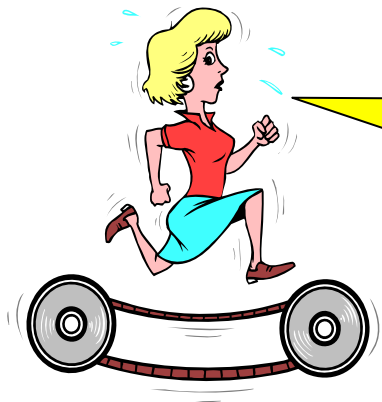
- Goal 1—Expend 500 cal/week
- Goal 2—Expend 900 cal/week
- Goal 3—Expend 1200 cal/week

**Instructions:**

1. Set goal (1, 2, or 3[see above]) based on appropriate fitness level (if you are a beginner to exercise, you may want to choose goal 1. If you have exercise experience choose goal 2 or 3).
2. Record the type of exercise you perform in the “Exercise” column (i.e., Treadmill, Stationary Bike, etc.). Record the date at the top of each row. Record the calories burned in the date column.
3. There are 5 columns that represent the maximum number of days you exercise per week. Beginners are encouraged to train only 3 days/week, therefore, only 3 columns are needed.
4. At the bottom of each column, add up the total number of calories expended (burned). See bottom of page for example. Enter this number when you submit your total calories for the week.

Exercise					Total Calories					Total Calories					Total Calories					Total Calories			
<b>Total Calories Burned for week</b>						<b>Total Calories Burned for week</b>						<b>Total Calories Burned for week</b>						<b>Total Calories Burned for week</b>					

**Example:**



**Here is an example of how to fill out the exercise grid (this is the beginner version, utilizing 3 columns or 3 days per week).**  
  
**Week 4/Goal 1: To burn 500 calories. Mission Accomplished.**

Exercise	12/3/03	12/5/03	12/7/03	Total Calories
Treadmill	150	150	200	500
<b>Total Calories Burned for week</b>				<b>500</b>

## Week 5

Goal 1—Expend 600 cal/week  
 Goal 2—Expend 1000 cal/week  
 Goal 3—Expend 1500 cal/week

## Week 6



Goal 1—Expend 700 cal/week  
 Goal 2—Expend 1200 cal/week  
 Goal 3—Expend 1700 cal/week

## Week 7

Goal 1—Expend 750 cal/week  
 Goal 2—Expend 1300 cal/week  
 Goal 3—Expend 1800 cal/week

## Week 8

Goal 1—Expend 800 cal/week  
 Goal 2—Expend 1500 cal/week  
 Goal 3—Expend 2000 cal/week

Exercise						Total Calories						Total Calories						Total Calories					Total Calories							
<b>Total Calories Burned for week</b>																														

## Week 9

Goal 1—Expend 800 cal/week  
 Goal 2—Expend 1550 cal/week  
 Goal 3—Expend 2000 cal/week

## Week 10

Goal 1—Expend 850 cal/week  
 Goal 2—Expend 1600 cal/week  
 Goal 3—Expend 2025 cal/week

## Week 11

Goal 1—Expend 900 cal/week  
 Goal 2—Expend 1650 cal/week  
 Goal 3—Expend 2050 cal/week

## Week 12

Goal 1—Expend 1000 cal/week  
 Goal 2—Expend 1700 cal/week  
 Goal 3—Expend 2075 cal/week

Exercise						Total Calories						Total Calories						Total Calories					Total Calories							
<b>Total Calories Burned for week</b>							