Aerobic Exercise Card

Name:	Month:

Date	Distance	Time (min)	Date	Distance	Time (min)

Total Sessions for Month	
Total Distance for Month	

Weight Training Exercise Card

Name:	Month:

Date	Sets	Time (min)	Date	Sets	Time(min)

Total Sessions for Month	
Total Sets for Month	U

Weight workouts should be recorded in sets and sessions. Add all the sets and sessions completed for the month and send it to e.kullman@csuohio.edu.

All aerobic activities are converted to miles suing the following conversion for miles or time of activity. If you have any questions about the conversion please email <u>e.kullman@csuohio.edu</u>.

Miles or Time = One Mile Activity 1 mile Running-jogging 1/4 mile Swimming Walking-hiking 1 mile 3 miles Bicycling X-country skiing 1 mile Racquetball 20 minutes **Tennis** 20 minutes Basketball 20 minutes Rope skipping 10 minutes Golf walking 9 holes Volleyball 30 minutes Aerobic dance 15 minutes Skating 15 minutes Stationary cycling 15 minutes Elliptical 20 minutes

15 minutes

Grass cutting (walking)