

# 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 \_\_\_\_\_ 0

Weight workouts should be recorded in sets and sessions. Add all the sets and sessions completed for the month and send it to [k.sparks@csuohio.edu](mailto:k.sparks@csuohio.edu).

All aerobic activities are converted to miles using the following conversion for miles or time of activity. If you have any questions about the conversion please see me or call at Ext. 4831.

<u>Activity</u>	<u>Miles or Time = One Mile</u>
Running-jogging	1 mile
Swimming	1/4 mile
Walking-hiking	1 mile
Bicycling	3 miles
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
Grass cutting (walking)	15 minutes