

Monat:	Datum	Wochentag	Meine Aktivität Art der Bewegung (Workout, Tanz, Laufen, etc.)	Belastung empfundene Intensität*	Dauer (in Minurten)	Gesamt- dauer/Woche	Schritte (pro Tag)
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sehr leicht	leicht	mittel	mittel- schwer	schwer	sehr schwer
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Woche 1	Training 1					}	
	Training 2						
	Training 3						
	Training 4						
	Training 5						
	Training 6						
Woche 2	Training 1					}	
	Training 2						
	Training 3						
	Training 4						
	Training 5						
	Training 6						
Woche 3	Training 1					}	
	Training 2						
	Training 3						
	Training 4						
	Training 5						
	Training 6						
Woche 4	Training 1					}	
	Training 2						
	Training 3						
	Training 4						
	Training 5						
	Training 6						
Woche 5	Training 1					}	
	Training 2						
	Training 3						
	Training 4						
	Training 5						
	Training 6						

Summe meiner Trainingstage/Monat

*Quelle: Buskies, W. & Boeckh-Behrens (2009). *Fitness-Gesundheits-Training: Die besten Übungen und Programme für das ganze Leben*. Hamburg: rororo.