

Table 2.1 **Brain–Body–Breath Fitness Log**

Date _____

Workout chosen _____

Time invested in workout (warm-up to cool-down) _____

Resting heart rate: Upon waking _____ After 1 hour of rest _____

	Before workout	After workout
BRAIN		
Stress level (1-10)		
Motivation level (1-10)		
Concentration level (high, medium, low)		
Adjectives (i.e., calm, anxious, focused, distracted)		
BODY		
Energy level (1-10)		
Adjectives (i.e., tense, achy, relaxed, energized, tired)		
BREATH		
Breathing quality (i.e., shallow, calm, deep, rhythmic, fast)		

Notes: _____

From *Morning Cardio Workouts* by June E. Kahn and Lawrence J.M. Biscontini, 2007, Champaign, IL: Human Kinetics.