

# EXERCISE JOURNAL

Use this form to record your daily exercise activity. Download and print additional copies at [www.davisphinneyfoundation.org/EVC](http://www.davisphinneyfoundation.org/EVC) to help you keep track of your progress over time.

Week of: \_\_\_\_\_

DAY	CARDIOVASCULAR	STRETCHING	STRENGTHENING	OTHER
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

<i>Example</i>	<i>Walked 20 minutes</i>	<i>Did 5 seated stretches a.m. and 5 standing stretches p.m.</i>	<i>Performed 10 lunges a.m., 5 arm raises with weights p.m.</i>	<i>Took stairs to second floor instead of using elevator.</i>
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