

EXERCISE JOURNAL

Use this journal to record your daily exercise activity. Download and print additional copies at dpf.org/worksheets to help you keep track of your progress over time.

Week of: _____

DAY		CARDIOVASCULAR	STRETCHING	STRENGTHENING	OTHER
Sunday	Activity				
	Duration				
Monday	Activity				
	Duration				
Tuesday	Activity				
	Duration				
Wednesday	Activity				
	Duration				
Thursday	Activity				
	Duration				
Friday	Activity				
	Duration				
Saturday	Activity				
	Duration				
<i>Example</i>	Activity	<i>Walked outdoors</i>	<i>Seated stretches, standing stretches</i>	<i>10 lunges, 5 arm raises with 1 lb. weights</i>	<i>Took stairs to second floor office instead of using elevator</i>
	Duration	<i>20 minutes</i>	<i>10 minutes a.m., 10 minutes p.m.</i>	<i>15 minutes</i>	<i>—</i>

WORKSHEETS AND RESOURCES