

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				
Example	Activity	Walked outdoors	Seated stretches, standing stretches	10 lunges, 5 arm raises with 1 lb. weights	Took stairs to second floor office instead of using elevator
	Duration	20 minutes	10 minutes a.m., 10 minutes p.m.	15 minutes	—

WORKSHEETS AND RESOURCES