

EXERCISE LOG



Exercise Log For: Week Of:



In the table below, list the different exercises you choose (e.g., biceps curls, squats, crunches), followed by the number of sets and repetitions you plan to work on that week for each exercise. Then check off that exercise as you complete it each day.

Exercise	Set/Reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Write in any other activities here and the time spent doing them each day (e.g., walking the dog, jogging around the school track).

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

After you exercised, how did you feel?

.....

Which exercises or activities did you like?

.....

Which exercises or activities did you find hard?

.....

If you need to modify your routine, what changes will you make that still provide the same benefits or work out the same area? (for example, switching from walking to dancing to get aerobic exercise or to wall push-ups if floor push-ups are too hard)



