Exercise Log

Name: _____

	Week: _____							Week: _____							Week: _____							Week: _____						
Exercise Description	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa
Write a description of the exercise and, in the appropriate column for the date, the total number of minutes spent. Examples:																												
Aerobics		45		45		45				45		45				45		45		45				45		45		
Strength Exericses			30		30				30		30		30				30		30				30		30		30	
Flexibility Exercises		15	15	15	15	15	15		15	15	15	15	15	15		15	15	15	15	15	15		15	15	15	15	15	15
Mowing Lawn/Yardwork							60							60							60							60
Baseball			75				90			75				90			75				90			75				90