

Activity Log



Use this simple activity log to track your daily exercise routine or to gradually begin exercising. The best exercise for you is the one you will do. Observe how you feel when you incorporate different types of exercise into your routine and remember to acknowledge every type of exercise that you do.

Need some ideas? Try: walking, running, swimming, biking, yoga, dancing, Pilates, strength training, and/or resistance training. Experiment to discover what works for you and celebrate everything you do!

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Type of Exercise:							
	Number of Minutes:							

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	Type of Exercise:							
	Number of Minutes:							

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	Type of Exercise:							
	Number of Minutes:							

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	Type of Exercise:							
	Number of Minutes:							