

Week of: _____

This Week's Goals...

Activity/Cardio: _____ sessions How Long? _____ minutes (goal 30 - 60 minutes, 5 times a week)

Strength Building: _____ sessions How Long? _____ minutes (goal 30 - 60 minutes, 5 times a week)

Stretching: _____ sessions How Long? _____ minutes (goal 30 - 60 minutes, 5 times a week)

For each day of the week, note what you did & how long you did it.

****Note Intensity: If you can sing while exercising, enter "Light." If you can talk, enter "moderate." If you are out of breath, enter "vigorous."*

DAY	PHYSICAL ACTIVITY/CARDIO (to increase your heart rate)	STRENGTH BUILDING (weights or bands)	STRETCHING (3 days a week minimum)	TOTAL TIME TODAY	NOTES (Goals met, Next day soreness, Increase/decrease in time spent)
MONDAY	Activity:	Exercise:	Time spent?		
	Intensity Level:				
	How long?	How long?			
TUESDAY	Activity:	Exercise:			
	Intensity Level:	How long?			
	How long?				
WEDNESDAY	Activity:	Exercise:			
	Intensity Level:				
	How long?	How long?			
THURSDAY	Activity:	Exercise:			
	Intensity Level:				
	How long?	How long?			
FRIDAY	Activity:	Exercise:			
	Intensity Level:				
	How long?	How long?			
SATURDAY	Activity:	Exercise:			
	Intensity Level:				
	How long?	How long?			
SUNDAY	Activity:	Exercise:			
	Intensity Level:				
	How long?	How long?			
Weekly Totals					