

Week of: _____

EXERCISE LOG

Set a personal goal for a specific number of steps, minutes of exercise, miles walked, etc. For that particular exercise/day, record the pertinent information. Select a reward you will receive after achieving the goal you set.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BICYCLING							
BIKING, STATIONARY							
DANCING							
ELLIPTICAL							
EXERCISE BANDS							
EXERCISE CLASS							
EXERCISE VIDEOS							
JOGGING							
PEDOMETER/STEPS							
ROLLER BLADING							
SKATING							
STAIRCLIMBER							
STRETCHING							
SWIMMING							
TAI CHI							
TREADMILL							
WALKING							
WEIGHT TRAINING							
YOGA							

Enter your weekly goals (minutes, miles, steps, etc.) for each category below that applies:

Goal:

Goal:

Goal:
