

## EXERCISE LOG

**When writing an exercise plan, identify:**

The activity.

The goal for the activity (time, distance, number of repetitions).

When you will do the activity (days of the week, time of day).

**Today's date:** \_\_\_\_\_

My goal for this week is to \_\_\_\_\_

\_\_\_\_\_

Day of Week	Activity	Goal	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Today's date:** \_\_\_\_\_

My goal for this week is to \_\_\_\_\_

\_\_\_\_\_

<b>Day of Week</b>	<b>Activity</b>	<b>Goal</b>	<b>Notes</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Today's date:** \_\_\_\_\_

My goal for this week is to \_\_\_\_\_

\_\_\_\_\_

<b>Day of Week</b>	<b>Activity</b>	<b>Goal</b>	<b>Notes</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Adapted from Lorig, K., & Fries, J. F. (2000). *The arthritis helpbook*. Cambridge, MA: Perseus Boo