

# Track Your Activities

## ENDURANCE DAILY RECORD

You can use this form to record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

**TIP:** Be creative! Try different activities on different days of the week and don't forget to challenge yourself.

Week of \_\_\_\_\_

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance Activity 1							
How Long Did You Do It?							
Endurance Activity 2							
How Long Did You Do It?							
Endurance Activity 3							
How Long Did You Do It?							

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Number of Steps							



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## STRENGTH DAILY RECORD

You can use this form to keep track of the strength exercises you do each day. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row.** Record the number of repetitions and the amount of weight you use (for example, "2 reps/3 lbs").

Week of \_\_\_\_\_

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Hand Grip							
	Wrist Curl							
	Overhead Arm Raise							
	Front Arm Raise							
	Side Arm Raise							
	Arm Curl							
	Seated Row							
	Wall Push-Up							
	Elbow Extension							
	Chair Dip							
LOWER-BODY	Back Leg Raise							
	Side Leg Raise							
	Knee Curl							
	Leg Straightening							
	Chair Stand							
	Toe Stand							



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## FLEXIBILITY DAILY RECORD

You can use this form to keep track of your flexibility exercises. Record the number of repetitions you do.

Week of \_\_\_\_\_

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Neck							
	Shoulder							
	Shoulder/Upper Arm							
	Upper Body							
	Chest							
	Back 1							
	Back 2							
	Upper Back							
LOWER-BODY	Ankle							
	Back of Leg							
	Thigh							
	Lower Back							
	Calf							
	Buddy Stretch							



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# Find Your Starting Point

## ACTIVITY LOG

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 1			

Total Minutes \_\_\_\_\_

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 2			

Total Minutes \_\_\_\_\_

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKEND			

Total Minutes \_\_\_\_\_



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# Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

## SHORT-TERM GOALS

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

## LONG-TERM GOALS

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.



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# Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan—one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

Week of \_\_\_\_\_

ACTIVITY TYPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							



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# Monthly Progress Test

Take the tests from the *Measuring Your Fitness Progress* tip sheet, record your scores, and watch your progress. You can find the *Measuring Your Fitness Progress* tip sheet and other helpful tip sheets in the “Resources” section at [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life).

ACTIVITY TYPE	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>ENDURANCE</b> Pick a fixed course, such as the distance from your house to the corner, and see how long it takes you to walk that far.												
<b>UPPER-BODY STRENGTH</b> Count the number of arm curls you can safely do in 2 minutes.												
<b>LOWER-BODY STRENGTH</b> Count the number of chair stands you can safely do in 2 minutes.												
<b>BALANCE</b> Time yourself as you stand on one foot, without support, for as long as possible. Repeat with the other foot.												
<b>FLEXIBILITY</b> Note how far you can reach toward your toes until you feel a stretch.												



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