

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							



Track Your Activities

STRENGTH AND BALANCE 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							



Track Your Activities

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							

