





EXAMPLE





Exercise Log

Record your weekly physical activity. Mark both columns if activities can be both cardio & muscle activities.

Activity <i>Include the type of exercise, location, duration and frequency</i>	Weekly Schedule							↓ Cardio activity minutes	↓ Muscle activity sessions
	The days of the week (or date) for your activities								
Description	Mon	Tue	Wed	Thur	Fri	Sat	Sun		
Walking briskly in the park with Mary 30 minutes, 2 mornings a week	8 AM ✓		8 AM ✓					60 min.	
Duration of activity:	30 minutes	minutes	30 minutes	minutes	minutes	minutes	minutes		
Aqua aerobics class at the gym 60 minutes, 1 day a week		5 PM ✓						60 min.	1
Duration of activity:	minutes	60 minutes	minutes	minutes	minutes	minutes	minutes		
Muscle toning at gym with personal trainer, 30min sessions, 2 days a week				7 PM ✓		7 PM			2
Duration of activity:	minutes	minutes	minutes	30 minutes	minutes	30 minutes	minutes		
Gardening at home, 60 minutes								60 min.	1
Duration of activity:	minutes	minutes	minutes	minutes	minutes	minutes	60 minutes		
Balance exercises + stretching at home 5 minutes daily after I get up in the morning	✓		✓	✓				-	-
Duration of activity:	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes		
 Try to aim for a weekly mix of:  150 minutes of aerobic activity; and 2 days or sessions of muscle-strengthening activity PLUS Balance training exercises daily	Milestone Reward: Whats your reward this period? a massage after 4 weeks					WEEKLY TOTAL		180 minutes	4 sessions

Exercise Log

Record your weekly physical activity. Mark both columns if activities can be both cardio & muscle activities.

Activity <i>Include the type of exercise, location, duration and frequency</i>	Weekly Schedule							↓ Cardio activity minutes	↓ Muscle activity sessions
	The days of the week (or date) for your activities								
Description									
Duration of activity:	minutes	minutes	minutes	minutes	minutes	minutes	minutes		
Duration of activity:	minutes	minutes	minutes	minutes	minutes	minutes	minutes		
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 Try to aim for a weekly mix of:  150 minutes of aerobic activity; and 2 days or sessions of muscle-strengthening activity PLUS Balance training exercises daily	Milestone Reward: Whats your reward this period?						WEEKLY TOTAL	minutes	