



Weekly Exercise Journal

You can use this form to keep a journal of the strength exercises you do each day. Try to exercise all your major muscle groups 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. Your health is important, please read our [disclaimer](#) page before beginning any exercise routine.

Week of _____		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories
Warm-Up	Elliptical														
	Treadmill														
	Walking														
Core	Air Bike	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
	Push Ups														
	Bird Dog														
	Crunch														
	Plank														
	Wood Chops														



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	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps
Upper-Body	Bicep Curl													
	Tricep Push Down													
	Seated Row													
	Wall Push-Up													
	Tricep Extension													
	Chair Dip													

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Lower-Body	Back Leg Raise													
	Side Leg Raise													
	Bodyweight Squats													
	Side Squats													
	Chair Stand													
	Lying Leg Curl													
	Lying Hip Abduction													
	Toe Stand													



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		Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories	Miles	Minutes/ Calories
Cool-Down	Elliptical														
	Treadmill														
	Walking														

	Time	Feeling	Time	Feeling	Time	Feeling	Time	Feeling	Time	Feeling	Time	Feeling	Time	Feeling
Overall														

My Notes:
