

# Weekly Exercise and Activity Log and Goals Journal

Use this form to record your exercise and activity. Your goal is to do planned exercise sessions for cardiovascular, strength and flexibility and be as active as possible in your daily activities and leisure time.

Everyone needs exercise and activity for a healthy heart and circulatory system. Increasing activity is one of the ways you burn off more calories than you take in. This is the basis to weight loss.

Please bring your completed Activity Log with you to your scheduled appointments. Be prepared to discuss your goals and your progress.

## Borg RPE Scale

How HARD are you working?



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

My goal is to exercise for a total of \_\_\_\_\_ min., do activities for \_\_\_\_\_ min., & accumulate \_\_\_\_\_ pedometer steps.

What I Did	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Saturday Minutes	Sunday Minutes	Week Total Minutes
Aerobic/ How hard?								
Strength & Flexibility								
Other Activity								
Pedometer Steps								

TOTAL minutes for the Week: \_\_\_\_\_

What I will do next week to increase my exercise and activity: -

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