

# Workout Diary

Use this diary to keep track of your exercise performance. Recording your progress, and seeing it in black and white, help boost your motivation. The sample entry provides an example of how to record your exercise activities and performance. Blank forms for your use are on the following pages.

## Day of the Week

### Sample

(This shows you how to log in activities such as aerobics and weight training. So that you don't overdo, it's best to do these on separate days.)

## Time

7 a.m.

5 p.m.

## Activity

Walking

Weight training routine

## Duration/Level of Effort

30 minutes, 2 miles

Leg extensions: 30 lb, 12 reps; 40 lb, 10 reps

Leg curls: 40 lb, 9 reps;

45 lb, 8 reps

Sit-ups: 25 reps

Bench press: 10 lb,

12 reps; 15 lb, 8 reps

Shoulder press: 10 lb,

12 reps; 15 lb, 10 reps

Arm curls: 10 lb, 12 reps;

15 lb, 8 reps

Day of the Week	Time	Activity	Duration/Level of Effort
<b>Sunday</b>			

Day of the Week	Time	Activity	Duration/Level of Effort
<b>Friday</b>			
<b>Saturday</b>			

Day of the Week	Time	Activity	Duration/Level of Effort
<b>Sunday</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			

Day of the Week	Time	Activity	Duration/Level of Effort
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<b>Sunday</b>			
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Day of the Week	Time	Activity	Duration/Level of Effort
<b>Friday</b>			
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