

Workout Diary

Use this diary to keep track of your exercise performance. Recording your progress in this manner is essential for building self-confidence and self-efficacy (your level of competence and mastery), increasing your motivation, and integrating exercise into your lifestyle. The sample entry provides an example of how to record your exercise activities and performance.

DAY OF THE WEEK	TIME	ACTIVITY	DURATION/LEVEL OF EFFORT
Sample	7 am 5 pm	Walking Weight training routine	30 minutes, 2 miles Leg extensions: 30 lbs, 12 repetitions; 40 lbs, 10 repetitions Leg curls: 40 lbs, 9 repetitions; 45 lbs, 8 repetitions Sit-ups: 25 repetitions Bench press: 10 lbs, 12 repetitions; 15 lbs, 8 repetitions Shoulder press: 10 lbs, 12 repetitions; 15 lbs, 10 repetitions Arm curls: 10 lbs, 12 repetitions; 15 lbs, 8 repetitions
Sunday			

DAY OF THE WEEK	TIME	ACTIVITY	DURATION/LEVEL OF EFFORT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			