



Sample Exercise Journal

Date: _____

Strengthening Exercise:

Exercise	Weight	Goal Reps	Actual Reps	Difficulty Level (1-5)*	Notes
Sunday (arms)					
Monday (legs/abs)					
Tuesday (back and shoulders)					
Wednesday (arms)					
Thursday (legs)					
Friday (back and shoulders)					
Saturday (rest, or your choice)					

Cardiovascular Exercise:

Exercise	Goal Duration	Actual Duration	Difficulty Level (1-5)*	Notes

*Difficulty level is how hard the exercise feels to you that day. 1 would be the easiest, 5 the toughest. You will notice that over time, the difficulty will decrease as you improve your health. This is a great sign of progress! Eventually you will be able to do more reps with your weights, go for longer duration times on your cardio and even add on more weight and time.

Some great arm strengtheners:

- Weights
- Push-ups
- Pull-ups
- Arm circles
- Bicep curls

Some great leg strengtheners:

- Leg press (machine)
- Leg curls
- Squats
- Lunges

Some great back and shoulder strengtheners:

- Pull-downs (machine)
- Bench press
- Arm raises

Some great abdominal exercises:

- Sit ups
- Boat pose
- Pilates
- Side bends