

# Exercise Log

Name: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

## Week 1

Date: \_\_\_\_\_ to: \_\_\_\_\_

Date/Day and Time	Type of Exercise	Distance/Duration/Intensity	Other: _____	Other: _____

**Notes:**

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

## Week 2

Date: \_\_\_\_\_ to: \_\_\_\_\_

Date/Day and Time	Type of Exercise	Distance/Duration/Intensity	Other: _____	Other: _____

**Notes:**

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

**Week 3**

**Date:** \_\_\_\_\_ **to:** \_\_\_\_\_

Date/Day and Time	Type of Exercise	Distance/Duration/Intensity	Other: _____	Other: _____

**Notes:**

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

**Week 4**

**Date:** \_\_\_\_\_ **to:** \_\_\_\_\_

Date/Day and Time	Type of Exercise	Distance/Duration/Intensity	Other: _____	Other: _____

**Notes:**

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

**Week 5**

**Date:** \_\_\_\_\_ **to:** \_\_\_\_\_

Date/Day and Time	Type of Exercise	Distance/Duration/Intensity	Other: _____	Other: _____

**Notes:**

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.