



Weekly Exercise Log and Weight Record

Name _____

Your Goals (times per week): **Aerobic Exercise** _____ **Stretching** _____ **Strength/Balance** _____

Instructions:

- At the end of each week, circle the number of days you did aerobic exercise that week. Try to do stretching exercises as part of your aerobic session. Don't forget to keep up your strength and balance exercises also.
- Weigh yourself once a week and write your weight at the bottom of the chart.
- If you have just had a heart attack, angioplasty, heart surgery, or other illness or injury, ask your doctor when you can begin exercising, and read the "Exercise for Life" chapter to be sure you exercise safely.

Important...

Call your doctor or nurse if you have any of these symptoms when you exercise:

- **Chest discomfort**
- **Extreme tiredness**
- **Unusual shortness of breath**
- **Feel dizzy or faint**

	Week 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:	Week 5 Date:	Week 6 Date:	Week 7 Date:	Week 8 Date:
Days of Exercise	5+	5+	5+	5+	5+	5+	5+	5+
	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0
Weekly Weight								

If you circled:

5+	That's terrific! Keep up the good work.
3-4	Pretty good. Can you add one more day of exercise next week?
1-2	Use the Exercise Tip Sheet on the back of this page to help you improve.
0	Your risk of health problems is greater when you don't exercise. Use the Exercise Tip Sheet on the back of this page to help you improve.