

EXERCISE LOG

Please fill out all significant activities. Include not only formal exercises but also job or recreational activities that involve significant effort.

NAME _____ MALE: FEMALE:
 DATE FILLED OUT _____ DATE OF BIRTH _____

AEROBIC ACTIVITIES

EXERCISE TYPE↓	EXERCISE PARAMETERS↓↓				DATES COMPLETED↓↓						
	TIME	SPEED	DIST-ANCE	EXER-TION*							
Jogging	30'	10'/mile	3mi.	Mod.	7/5	7/6		7/8	7/9		

STRENGTH TRAINING

EXERCISE TYPE↓	EXERCISE PARAMETERS↓↓			DATES COMPLETED↓↓						
	WT.	REPS	SETS							
Bicep curl	20lb	12	2	7/5			7/8			

*Exertion can be listed as % of maximum heart rate (~220-age), or simply 'Moderate'=breathing heavy, or 'Vigorous'=panting & cannot complete a full sentence.

FLEXIBILITY AND MIND/BODY INTEGRATION EXERCISES

EXERCISE TYPE↓	TIME	DATES COMPLETED↓↓						
Tai Chi	30'		7/6			7/9		7/11

EXERCISE BASICS:

- ❖ All adults and older children should aim to achieve and maintain the following activity levels, according to the American College of Sports Medicine:
 - Aerobic activity at least 5 days per week for at least 30 minutes if done at moderate level (e.g. brisk walking), or at least 20 – 30 minutes if more vigorous. At least 60 minutes/day is required to support weight loss.
 - Strength training of all the major muscle groups at least twice a week.
- ❖ Flexibility and Mind/Body integration exercises help keep the body limber, help manage effects of stress and alleviate fatigue.
- ❖ Safety.
 - Most common exercises are very safe for most people if one uses common sense (actually, lack of exercise is much more hazardous!).
 - If starting a new exercise program, be sure to get guidance and clearance from your physician first.
 - Start slowly and listen to your body. Cut back or stop if you feel strains or pains. Be sure to let your physician know right away if you get faint, chest pain or unusually short of breath with exercise. Drink adequate fluid and wear comfortable clothes.
- ❖ Pace yourself – many people jump into exercise way too fast, leading to injury and abandonment of their program.
 - Adaptation phase. Spend the first month of an exercise program allowing your muscles and joints to adapt to the new activity, without pushing for increased fitness. During this first month you are also making exercise a habit, learning to fit it into your schedule and make it part of your life.
 - After the first month, you can **increase any one exercise parameter by 5 – 10%/wk.** until you reach your goals. For example, if you are walking 40 minutes daily this week, next week you could increase to 42 – 44 minutes. Or if you are doing 10 reps of a weight lifting exercise, next week you could increase to 11 reps.

GOALS: _____