



My Exercise Program

Exercise is a fundamental part of helping improve your overall health. This section helps you keep track of the types of exercises you are doing and how often you should be doing them.

Exercising Is Important

Once the members of your healthcare team have told you it is safe to start exercising, you should try to follow their recommendations.

Once approved by your doctor you should begin a regular exercise program.

Walking, jogging and cycling are good ways to achieve your goals, but any activity that gets your body moving is better than remaining stationary.

Recommended Exercise:

Frequency: _____ Duration: _____

EXERCISE LOG

Week	Frequency	Duration
1.	to	
2.	to	
3.	to	
4.	to	
5.	to	
6.	to	
7.	to	
8.	to	
9.	to	
10.	to	
11.	to	
12.	to	
13.	to	
14.	to	
15.	to	
16.	to	
17.	to	
18.	to	
19.	to	
20.	to	