

Exercising with a Chronic Condition: My Exercise Log



Make copies of this chart to track your progress. During the week, fill in the activities you do each day.

Flexibility (stretching) Endurance (walking, biking) Strengthening (weights) Other activities

Sunday

Date: _____

Monday

Date: _____

Tuesday

Date: _____

Wednesday

Date: _____

Thursday

Date: _____

Friday

Date: _____

Saturday

Date: _____

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