

Daily Fitness Log



“Exercise may improve health by helping the brain cope with stress.”

American Psychological Association

Exercise controls weight, prevents diseases, reduces stress, increases energy, promotes sleep and helps you connect with family and friends. **What can exercise do for you? Success** depends on choosing an activity you enjoy. Walking, running or cycling 30 minutes a day. Make a **commitment** with a friend to ensure victory. Always check with your physician before starting an exercise program.

General Info

Current Weight: _____ Goal Weight: _____

Resting Heart Rate: _____

(To check heart rate place two fingers on thumb side of wrist and count for 10 seconds and multiply by 6. Your heart rate should be between 60 to 100.)

Time Sheet

	Activity	Rest Day or Time spent exercising	Heart Rate after exercise
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			