

Exercise Log

Aim for at least 150 minutes of moderate-intensity exercise per week

Strength – at least 2 days per week

Date →								
Exercise ↓	Repetitions or Time							
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
Notes								

Balance – at least 3 days per week

Date →								
Exercise ↓	Repetitions or Time							
1.								
2.								
3.								
Notes								