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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise Journal** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** | **Date:** |
|  |  |  |  |  |  |  |

# Exercise Diary

Use this diary to record your thoughts and feelings about your exercises and how your body feels before and after you perform them. You can also keep track of how far you walk and where you walk in this diary. An example diary entry is provided below.

# 2/8/11

Notes (EXAMPLE)

Date

Every day I do the exercises they get a little easier. I still have

trouble with the side hip strengthening exercise because of my bad hip, but I’ve noticed some improvement. I’ve also noticed I’m not as tired after finishing the exercises as I was when I first started. Today I also walked

10 minutes around my neighborhood.

Notes

Date

Notes

Date

