

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.

Date

Notes (EXAMPLE)

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.

Date

Notes

Date

Notes

