**Weekly Activity Log**

**Goal**: Strength activities: 2-4 times/week Flexibility activities: 4-7 times/week Cardiovascular activities: 4-7 times/week

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Physical Activity(ies)** |  |  |  |  |  |  |  |
| **Minutes of Activity and/or Completed Repetitions** |  |  |  |  |  |  |  |
| **Level of Exertion (/10)** |  |  |  |  |  |  |  |
| **How I Felt** |  |  |  |  |  |  |  |