

Worksheet: Exercise

This worksheet is to help you define and track your exercise program. You will start by determining your current level of exercise and then determine what will work best for you. An exercise tracker is also included so you can see your progress over time.

Prior to starting, you should complete the Get Active questionnaire to determine if you need to consult with your physician prior to starting exercise.

How many days per week do you currently do strength or resistance training?	
How many days per week do you currently do steady state cardio?	
How many days per week do you do interval type training?	
How many days per week do you currently do slow easy exercise like walking or yoga?	

If your total is less than 4 consider yourself a beginner. If your total is 4 or more, you can try the intermediate level plan, but you can go with the beginner level if you are more comfortable with it.

New habit:

Try to get at least a small amount of exercise every day, starting this week. The video presentation gives you a sample of how much exercise to do, depending on your fitness level. I give examples of 4 different types of exercise and you also have access to a HIIT workout to try. Other options could be playing a sport, gardening, stretching or even vacuuming.

What is your habit for the week?

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When will you exercise?

Exercise will become a habit, but to start it is a good idea to schedule it in. You can use your calendar or use the planner below to make a plan:

Day	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Now that you have a plan, use the next table to track what you actually did:

Day	Strength exercise time	Steady state cardio time	HIIT time	Yoga/ walking time

Notes: