



Exercise Log

Exercise Description

Warm Up (5 times a week)

Week 1						
S	M	T	W	T	F	S

Week 2						
S	M	T	W	T	F	S

Week 3						
S	M	T	W	T	F	S

Aerobic: (3 times a week)

Strength: (3 times a week)

Flexibility: (5 times a week)

Cool Down (5 times a week)

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Exercise Log

Exercise Description

Warm Up (5 times a week)

Week 4						
S	M	T	W	T	F	S

Week 5						
S	M	T	W	T	F	S

Week 6						
S	M	T	W	T	F	S

Aerobic: (3 times a week)

Strength: (3 times a week)

Flexibility: (5 times a week)

Cool Down (5 times a week)

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Exercise Log

Exercise Description

Warm Up (5 times a week)

Week 7						
S	M	T	W	T	F	S

Week 8						
S	M	T	W	T	F	S

Week 9						
S	M	T	W	T	F	S

Aerobic: (3 times a week)

Strength: (3 times a week)

Flexibility: (5 times a week)

Cool Down (5 times a week)

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Exercise Log

Exercise Description

Warm Up (5 times a week)

Week 10						
S	M	T	W	T	F	S

Week 11						
S	M	T	W	T	F	S

Week 12						
S	M	T	W	T	F	S

Aerobic: (3 times a week)

Strength: (3 times a week)

Flexibility: (5 times a week)

Cool Down (5 times a week)

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