

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

| | | | | |
|---|----------------|-------------------|-------------|-------------------------------|
| Indicate the days of the week you exercise, type of activity, then complete minutes worked in the day. <u>Have Fun with Exercise!</u> <u>Place date next to day.</u> | Cardiovascular | Strength Training | Flexibility | Total Combined Minutes Worked |
| Sunday (Date:) | | | | |
| Monday (Date:) | | | | |
| Tuesday (Date:) | | | | |
| Wednesday (Date:) | | | | |
| Thursday (Date:) | | | | |
| Friday (Date:) | | | | |
| Saturday (Date:) | | | | |

EXERCISE

GOLF

Print Name then Initial: _____
Date: _____