



# Exercise Log

**WEEK 1**

**Time of Day**

**Activity**

**# of Minutes**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**WEEK 2**

**Time of Day**

**Activity**

**# of Minutes**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**WEEK 3****Time of Day****Activity****# of Minutes****SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****WEEK 4****Time of Day****Activity****# of Minutes****SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

*Right Care.  
Right Time.  
Right Place ... at home.*