

EXERCISE CHART

NAME _____ DATE _____ WEIGHT _____ BMI _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date _____	Date _____	Date _____	Date _____	Date _____	Date _____	Date _____
Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Cool down:	Cool down:	Cool down:	Cool down:	Cool down:	Cool down:	Cool down:
total minutes:	total minutes:	total minutes:	total minutes:	total minutes:	total minutes:	total minutes:

Total Minutes Exercised: _____ Weight: _____ BMI: _____