Weekly Exercise Tracking Chart

Directions: Enter minutes per day completed for each type of exercise. Add other activities that you do on the blank lines.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobic Exercises							
• Swimming							
• Biking							
• Jogging							
• Dancing							
• Walking							
• Skating							
• Running							
• Skateboarding							
• Playing soccer							
• Playing basketball							
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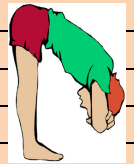
Flexibility Exercises 							
• Yoga							
• Stretching							
• Tai Chi							
•							
•							
Strength Exercises							
• Weightlifting							
• Push-ups							
• Pull-ups							
• Sit-ups							
•							
•							
•							
DAILY MINUTES							
WEEKLY MINUTES							

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