Children's Hospital Boston

Exercise Journal

Print out the exercise calendar below to keep track of how much you exercise each day and week.

Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	No. of days exercised this week:
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Total time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	No. of days exercised this week:
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Total time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	No. of days exercised this week:
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Total time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	No. of days exercised this week:
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Total time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	No. of days exercised this week:
Time:	Time:	Time:	Time:	Time:	Time:	Time:	Total time: