UWHealth
University of Wisconsin
Hospital and Clinics

Stroke Prevention Exercise Program – SPEP

Weekly Workout Log

This Week's Goal:

Date		Workout	Length	Energy Before	Energy After	Comments
	Sun					
	Mon					
	Tues					
	Wed					
	Thur					
	Fri					
	Sat					

Did I achieve my goal this week? ___ **Yes** ___ **No**

If **Yes**, good job! Set next week's goal.

If **No**, was this week's goal too much? Set a new realistic goal and try again.

Next Week's Goal:

You can download and print more copies of this workout log from uwhealth.org/stroke.