

8 Week Exercise Log

Week 1



Made possible by generous support from



Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

8 Week Exercise Log

Week 2

Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
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	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

8 Week Exercise Log

Week 3



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Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
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	Warm up/stretching			
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	Warm up/stretching			
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	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

8 Week Exercise Log

Week 4



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Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

8 Week Exercise Log

Week 5



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Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
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	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

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Week 6



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Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
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	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			

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Week 7



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Day	Exercise	Duration	Shortness of Breath (0-10)	Oxygen/Comments
	Warm up/stretching			
Date	Strength training			
	Cardio training			
	Balance training			
Day	Exercise	Duration	Shortness of Breath	Oxygen/Comments
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Week 8



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Week ____



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