

Monthly Exercise Log

Name: _____ Month: _____

Start Date: _____ End Date: _____

Current Weight: _____ Weight Goal: _____

REMEMBER: When you create your goals, please make sure they are **S.M.A.R.T.** goals.

- **Specific:** Make your goals specific to what you want to accomplish. Specific goals are easier to reach than general goals. For example, I want to lose three pounds in two weeks versus I'd like to lose weight this year.
- **Measurable:** When you measure your progress, you stay on track, reach your target dates and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.
- **Attainable:** When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.
- **Realistic:** To be realistic, a goal must represent an objective toward which you are both willing and able to work. Your goal is probably realistic if you truly believe that it can be accomplished.
- **Timely:** A goal should be completed within a time frame. Without a time frame tied to it there's no sense of urgency. If you want to lose five pounds, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

	MON	TUE	WED	THU	FRI	SAT	SUN
Cardiovascular Activity							
Resistance Training							
Duration (minutes)							
R.P.E.*							
Calories Burned							

Notes/Comments: _____



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	MON	TUE	WED	THU	FRI	SAT	SUN
Cardiovascular Activity							
Resistance Training							
Duration (<i>minutes</i>)							
R.P.E.*							
Calories Burned							

Notes/Comments: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Cardiovascular Activity							
Resistance Training							
Duration (<i>minutes</i>)							
R.P.E.*							
Calories Burned							

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	MON	TUE	WED	THU	FRI	SAT	SUN
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Resistance Training							
Duration (<i>minutes</i>)							
R.P.E.*							
Calories Burned							

Notes/Comments: _____

* R.P.E. is Rate of Perceived Exertion on a 1-10 scale; 1 being very easy (i.e. doing the dishes), and 10 being very difficult (i.e. running up a steep hill).