

Weekly Exercise Log: Activity Record Sheet

Record the nature & length of your exercise and other physical activities (e.g. walking – 10 minutes, housework – 30 minutes) carried out for 15 minutes or longer each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Pedometer Reading							



This document may be freely downloaded and distributed on the condition there is no change made to the contents. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the TMS Directory or Metro NeuroHealth, LLC websites.