

A Healthy Tomorrow Begins Today

**Exercise Log*

(This log does not replace a Wellness Points Sheet)

Name:

Month:	Week 1	Week 2	Week 3	Week 4
Monday:				
Activity:				
Time:				
Tuesday:				
Activity:				
Time:				
Wednesday:				
Activity:				
Time:				
Thursday:				
Activity:				
Time:				
Friday:				
Activity:				
Time:				
Saturday:				
Activity:				
Time:				
Sunday:				
Activity:				
Time:				

* This log is for example purposes. You may use this form (and make additional copies if needed), or you may keep a record of your own in another format/notebook.