

Exercise Journal Sheet Per Day

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<u>Cardio Exercise</u>	<u>Level</u>	<u>Intensity</u>	<u>Time/mins.</u>	<u>Water Glasses</u>				
	1-10	1-10	Circle One					
Bike			10-25					
Stair Climber			25-35					
Elliptical Trainer			35-45					
Rower			45-55					
Aerobic Class			55-65					
Other:			1 hr & 1/2					

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**Weight Lifting Routine**

<b><u>Exercises</u></b>	<b><u>Reps</u></b>	<b><u>Weight</u></b>	<b><u>Reps</u></b>	<b><u>Weight</u></b>	<b><u>Reps</u></b>	<b><u>Weight</u></b>	<b><u>Reps</u></b>	<b><u>Weight</u></b>