



Get Primed! Exercise Log

Print an exercise log each week and post in a prominent place as a reminder of your goals. Record your daily exercise.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Weight/Strength Training							
Pilates							
Running							
Walking (goal 10,000 steps/day)							
Yoga							
Biking							
Swimming							
Cardio Equipment							
Exercise Ball							