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WEEK Date:

LOG SHEET

EXERCISES	DAY 1	DAY 2	DAY 3
2 Sets of 10 Repetitions	WEIGHT LIFTED OR CHECK (✓) WHEN EXERCISE IS COMPLETED.		
SQUATS			
WALL PUSH-UPS			
TOE STANDS			
FINGER MARCHING			
BICEPS CURL			
STEP-UPS			
OVERHEAD PRESS			
SIDE HIP RAISE			
KNEE EXTENSION			
KNEE CURL			
PELVIC TILT			
BACK EXTENSION			
STRETCHES	CHECK WHEN COMPLETED		
Hold for 20–30 Seconds			
CHEST & ARMS			
HAMSTRINGS			
QUADRICEPS			
NECK AND BACK			

Staying on Track

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WEEK

You can do it!

Personal Notes

RECORD ANY ADDITIONAL ACTIVITIES/EXERCISES HERE

ACTIVITY	DESCRIPTION