

DAILY EXERCISE LOG SHEET for: _____ (my name)
Recording my exercise results during the month/year of: _____

My daily goal: perform my exercise at least _____ (# of minutes, steps, laps, miles) per day.

My monthly goal: meet my daily goal on at least _____ (# of days) during the month.

DAY OF MONTH	Did I achieve my daily goal this day? (Enter <u>Y</u> es or <u>N</u> o)	DAY OF MONTH	Did I achieve my daily goal this day? (Enter <u>Y</u> es or <u>N</u> o)
1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	
		31	
	(from top of page) Enter my "monthly goal" number of Yes's: ** _____ **	Did I make my goal?	Add up the number of Yes's I achieved during the month. Enter here: ** _____ **
	My new weight (optional): ** _____ **		My new body fat % (optional): ** _____ **

WHEN YOUR LOG IS COMPLETED, ASSESS HOW NEAR YOU CAME TO REACHING YOUR GOAL. THEN MAKE A NEW GOAL FOR THE COMING MONTH AND GO FOR IT! If you would like to continue using this type of log sheet, blank "Daily Exercise Log Sheet" forms may be downloaded from the "Healthy Williamstown" page (click on "Download Log Form") of the www.healthywilliamstown.org website. Questions? 304-375-7761.