

Exercise Worksheet

Day/Date	Exercise(s) Used	For How Long	Observations/Notes
Monday	1.	1.	
	2.	2.	
	3.	3.	
Tuesday	1.	1.	
	2.	2.	
	3.	3.	
Wednesday	1.	1.	
	2.	2.	
	3.	3.	
Thursday	1.	1.	
	2.	2.	
	3.	3.	
Friday	1.	1.	
	2.	2.	
	3.	3.	
Saturday	1.	1.	
	2.	2.	
	3.	3.	
Sunday	1.	1.	
	2.	2.	
	3.	3.	

Please use this chart to assist you in collecting the data needed for your bi-monthly reports. You will not be returning this form to us. Please print as many as you need.