

EXERCISE PLANNER

To use: 1) Write in your plan for a minimum of one week at a time; 2) Post it where you will see it daily. Check it to remind yourself of what you are doing that day & to plan what you will need for the next day (e.g. to bring your walking shoes to work). Remember to allow time to stretch before & after exercise, and to include strength training at least twice per week. For “Intensity Level” - on a scale of 1 to 10, 1 is the little to no exertion, and 10 is the most effort you are exerting. **Note: You may want to make copies of this schedule before you begin**

MONTH:	Week 1 / Date:	Week 2 / Date:	Week 3 / Date:	Week 4 / Date:
Monday Exercise Duration Intensity Level (1-10)				
Tuesday Exercise Duration Intensity Level (1-10)				
Wednesday Exercise Duration Intensity Level (1-10)				
Thursday Exercise Duration Intensity Level (1-10)				
Friday Exercise Duration Intensity Level (1-10)				
Saturday Exercise Duration Intensity Level (1-10)				
Sunday Exercise Duration Intensity Level (1-10)				