



Exercise Diary

Recording your activity levels help track fitness over time. You can include as much or as little information as you like, dependent on your training needs and goals.

It might also be a good idea to include how you were feeling before and after exercise and how activities influence your mood, stress levels and motivation. Below is an example exercise diary for general fitness, and there are also various apps that are great for doing this electronically.

| Day | Cardio | Strength | Notes |
|-----------|------------------------------|---|---|
| Monday | 30 minute run on treadmill | | Felt a little tired after the weekend |
| Tuesday | 30 minute front crawl swim | | Didn't really enjoy today but glad I went |
| Wednesday | | 45 minute yoga class | Felt strong today |
| Thursday | 5 a side football 60 minutes | | |
| Friday | | | Rest |
| Saturday | Exercise bike 30 minute | Squats, lunges, deadlift, bent over row 3 x 12 reps of each | A little hungover and dehydrated |
| Sunday | | | Rest |