

Track Your Activities

FLEXIBILITY DAILY RECORD

You can use this form to keep track of your flexibility exercises. Record the number of repetitions you do.

Week of _____

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Neck							
	Shoulder							
	Shoulder/Upper Arm							
	Upper Body							
	Chest							
	Back 1							
	Back 2							
	Upper Back							
LOWER-BODY	Ankle							
	Back of Leg							
	Thigh							
	Lower Back							
	Calf							
	Buddy Stretch							