

You can use this form to keep track of the strength exercises you do each day. Try to do strength exercises for all of your major muscle groups on 2 or more days a week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row. Record the number of repetitions and the amount of weight you use (for example, "2 reps/3 lbs").

Week of _____

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Hand Grip							
	Wrist Curl							
	Overhead Arm Raise							
	Front Arm Raise							
	Side Arm Raise							
	Arm Curl							
	Seated Row							
	Wall Push-Up							
	Elbow Extension							
	Chair Dip							
LOWER-BODY	Back Leg Raise							
	Side Leg Raise							
	Knee Curl							
	Leg Straightening							
	Chair Stand							
	Toe Stand							