Aerobic exercise recording sheet

To use your exercise recording sheet, write your prescribed exercise program in the columns as follows: the type of aerobic exercise (for example, walking or riding an exercise bike) in the Mode column, the distance or speed of the exercise (for example, 500 metres) in the Distance column and the total exercise time or the intervals (for example, two sets of 10 minutes) in the Time column. Once you have completed the exercise, tick the box corresponding to the day of the week that you completed the exercise.

Mode	Distance	Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Walk	*500 metres*	*2 x 10 mins*	✓		✓		✓		✓		✓		✓		✓	

Example