Track Your Activities

STRENGTH AND BALANCE DAILY RECORD

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				64			
	Wrist Curl							
	Overhead Arm Raise		U.					
	Front Arm Raise						-	
	Side Arm Raise							
	Arm Curl							
	Seated Row							
	Wall Push-Up		-			2		
	Elbow Extension							9
	Chair Dip							
LOWER-BODY	Back Leg Raise							
	Side Leg Raise							
	Knee Curl		U.					
	Leg Straightening							
	Chair Stand							
	Toe Stand							

* *

National Institute on Aging National Institutes of Health U.S. Department of Health & Human Services

