

Food and Exercise Journal

Exercise

Cardiovascular (Walk/Run/Swim)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Stretch (Stretch/Yoga)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Strengthening (Weights/Yoga/etc.)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Balance (Yoga/Balance ball/etc.)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Extras (i.e. "Cheat Items" – it's okay, write them down)
