

# Weekly Schedule

Week of \_\_\_\_\_

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.  
 Write in the exercises and activities you plan to do. Create a schedule you think you really can manage.  
 You can change your plan as your fitness improves and you are able to do more.

	Endurance	Strength/Balance	Flexibility	Notes
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

# Daily Record

Week of \_\_\_\_\_

## Endurance and Flexibility

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.  
This form is for keeping track of the activities and exercises you do each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px dashed gray; padding: 2px; display: inline-block;">activity</div> → <b>Endurance:</b> <i>List the activity you did and how long you did it.</i>							
<div style="border: 1px dashed gray; padding: 2px; display: inline-block;">how long?</div>							
<b>Flexibility.</b> Check the box of each stretching exercise you did:							
<b>Hamstrings</b>							
<b>Alternative Hamstrings</b>							
• Calves							
• Ankles							
• Triceps							
• Wrists							
• Quadriceps							
• Double Hip Rotation							
• Single Hip Rotation							
• Shoulder Rotation							
• Neck Rotation							

# Daily Record

Week of \_\_\_\_\_

## Anytime, Anywhere Balance

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.  
Check the box of each exercise you did.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Anytime, anywhere balance.</b> <i>Check the box of each exercise you did:</i>							
<b>Stand on one foot</b>	<b>Left</b>						
	<b>Right</b>						
<b>Stand and sit without using hands</b>							
<b>Walk heel-to-toe</b>							

# Daily Record

Week of \_\_\_\_\_

## Strength/Balance

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		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arm Raise	reps							
	lbs							
Chair Stand	# of stands							
Biceps Curl	reps							
	lbs							
Plantar Flexion	reps							
	lbs							
Triceps Extension	reps							
	lbs							
Alternative Dip	# of dips							
Knee Flexion	reps							
	lbs							
Hip Flexion	reps							
	lbs							
Shoulder Flexion	reps							
	lbs							
Knee Extension	reps							
	lbs							
Hip Extension	reps							
	lbs							
Side Leg Raise	reps							
	lbs							

# Monthly Progress Record

Year _____
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## Endurance, Lower Body, and Balance

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.  
Fill out this form on the same day of each month. Compare your scores to see your improvement.

	January	February	March	April	May	June	July	August	September	October	November	December
<b>Endurance</b> <i>Measure how far you are able to walk in 6 minutes. Use the same track and the same unit of measure each time.</i>												
<b>Lower-Body Power</b> <i>Time how fast you can walk up a flight of stairs. Use the same stairs—at least 10 steps—each time.</i>												
<b>Balance</b> <i>Time yourself as you stand on one foot, then the other, without support, for as long as you can.</i>												

# Monthly Progress Record

Year \_\_\_\_\_

## Strength/Balance

You might want to make copies of this form. Leave this one blank, so you can copy it as needed. Fill out this form on the same day of each month. Compare your scores to see your improvement.

		January	February	March	April	May	June	July	August	September	October	November	December
Arm Raise	reps												
	lbs												
Chair Stand	# of stands												
Biceps Curl	reps												
	lbs												
Plantar Flexion	reps												
	lbs												
Triceps Extension	reps												
	lbs												
Alternative Dip	# of dips												
Knee Flexion	reps												
	lbs												
Hip Flexion	reps												
	lbs												
Shoulder Flexion	reps												
	lbs												
Knee Extension	reps												
	lbs												
Hip Extension	reps												
	lbs												
Side Leg Raise	reps												
	lbs												