

WEEK 1 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squats			
wall push-ups			
toe stands			
finger marching			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 1

Count out loud during the exercises to make sure you keep the proper pace

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 2 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 2

Strength training 2 or 3 times a week can help prevent arthritis and/or ease its symptoms.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 3 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 3

Breathe throughout each exercise

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 4 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 4

Strength training will make you feel energized!

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 5 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 5

Look in a mirror to make sure that your form matches what is shown in the picture.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 6 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 6

When you can do more than 10 repetitions in good form, increase the weight you are lifting.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 7 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 7

Strength training will help you build and maintain strong bones.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 8 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 8

Strength training may help you sleep better.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 9 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 9

During squats and step-ups, make sure that your knees don't move forward past your toes.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 10 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 10

Strength training will make aerobic exercise such as swimming, biking, and walking easier.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 11 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 11

During the biceps curl and overhead press, be sure to keep your wrists straight.

Personal Notes

Record any additional activities/exercises here

Activity	Description



WEEK 12 Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK 12

Strength training will help you maintain your independence.

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK ____ Date:

LOG SHEET

Exercises	Day 1	Day 2	Day 3
2 sets of 10 repetitions	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed	Record weight lifted or check when exercise is completed
squat			
wall push-up			
toe stand			
finger marching			
biceps curl			
step-up			
overhead press			
side hip raise			
knee extension			
knee curl			
pelvic tilt			
back extension			
Stretches (Hold for 20-30 seconds)	Check when completed	Check when completed	Check when completed
chest & arms			
hamstrings			
quadriceps			
neck & back			

For more information about Growing Stronger see http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/



WEEK ____

You can do it!

Personal Notes

Record any additional activities/exercises here

Activity	Description

For more information about Growing Stronger see
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/

