



Exercise Tracker

The best way to overall physical wellness is to vary the exercises you try and to get exercise that falls within each of the four main categories: endurance, strength, balance, and exercise.

Use this tracker to take notes on types of exercises you have tried, and be sure to talk with your physician before trying any new exercise.

Example exercises from each category:

Endurance: Includes exercises that get your heartrate up and improve your breathing capacity, like walking, running, swimming, bicycling, playing sports like football and soccer, and dancing.

Strength: Includes exercise that increase muscle strength, like pushups, crunches, and squats.

Balance: Includes exercises that improve your balance, like balancing on each foot, balance walks, and lunges.

Flexibility: Includes exercise that increase your ability to stretch your muscles, like yoga, neck and shoulder rolls, and lunges.

Activity I tried:

Type of exercise:

Endurance

Strength Building

Balance

Flexibility

Day and time I did this exercise:

Notes about exercise:

Goals:
