

# EXERCISE PROGRESS SHEET

Keeping track of your exercise routine allows you to start out slowly and make incremental improvements in very small steps. It means you have a plan for your exercise, holding yourself accountable on days when you're lacking motivation. It also allows you to track your good days (and the things that made you feel good) when you feel like doing more.



Print a copy of the chart on the next page and use it to plan your exercise program and track your progress.

## TOP TIPS:

- 1 Fill in dates in advance to help manage your schedule around your exercise routine.
- 2 Goals can be flexible – for example, jog for two miles. Make sure to increase your goals as you progress.
- 3 Tracking your “actual” exercise will help you set realistic goals. If you consistently miss your goal, it may be worth reassessing and dropping the pace.
- 4 After one week, review your progress sheet:
  - How did exercising impact your energy levels? Your quality of sleep?
  - Did you have more energy during morning or evening workouts?
  - How did your workouts impact your eating habits? What about the other way around?

DATE							
TYPE(S) OF EXERCISE							
FOOD CHOICES							
GOAL/ ACTUAL							
POSITIVE CHANGES SINCE LAST CHECK-IN							
SLEEP PATTERNS							
MOOD							
ENERGY							
BOWEL MOVEMENTS							
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