

ACTIVITY LOG

WEEK OF: _____ **Weight: Monday:** _____ **Friday:** _____

Record specific activities and duration of exercises performed, and any mindfulness (meditation, time in nature, creative arts, etc.) practiced:

MONDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

TUESDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

WEDNESDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

THURSDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

FRIDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

SATURDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____

SUNDAY

Cardio: _____

Strength/Stability/Flexibility: _____

Mindfulness: _____