

Fitness Diary

Name: _____

If you write down when you exercise, and for how long, you'll have a sense of accomplishment – and a better idea of how much you're managing to fit in (our memories can be tricky!). Remember, even as little as 15 minutes counts!

Date: _____ to _____

Starting weight: _____

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: _____ Total calories burned: _____

Date: _____ to _____

Starting weight: _____

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: _____ Total calories burned: _____