



Weekly Exercise Tracking Chart

Directions: Enter minutes per day completed for each type of exercise. Add other activities that you do on the blank lines. If you count miles instead of minutes (walking, running, jogging) then enter miles instead. The goal is 7 miles per week or 140 minutes per week with participation in activity at least 3 days per week.

	10/ S	10/ M	10/ T	10/ W	10/ Th	10/ F	10/ S
• Walking							
• Biking							
• Swimming							
• Running							
• Jogging							
• Workout							
• Sports (Ball)							
• Gardening							
• Yoga							
• Tai Chi							
• Weightlifting							
Other...list below							
Total Miles...							
TOTAL Minutes...							

***This program starts October 1 and ends October 31, 2023. You will have four total sheets to submit either online or in person at any of the St. George Medical Clinic locations.

***Please consult your primary care physician or obtain medical clearance from a medical provider before entering this exercise program.

Name: _____ Date _____

Address: _____ Phone: _____

Big Results...Start With Small Steps!