

Daily Schedule Meal Planner and/or Food Log

	Morning	Mid-Day	Afternoon	Evening
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Exercise Planning Worksheet

My exercise schedule for this week is as follows:			
Monday Activity: _____ Intensity: _____ Duration: _____	Tuesday Activity: _____ Intensity: _____ Duration: _____	Wednesday Activity: _____ Intensity: _____ Duration: _____	Thursday Activity: _____ Intensity: _____ Duration: _____
Friday Activity: _____ Intensity: _____ Duration: _____	Saturday Activity: _____ Intensity: _____ Duration: _____	Sunday Activity: _____ Intensity: _____ Duration: _____	Summary Intensity: _____ Duration: _____ Frequency: _____
Anticipated barriers		Possible solutions	
1.		1.	
		2.	
		3.	
2.		1.	
		2.	
		3.	

Monthly Exercise Log for _____

Day of Month	Exercised? (x if yes)	Type of Exercise Completed	# of minutes total (or distance) & intensity (top heart rate)	Notes
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
29.				
30.				
31.				

Comments on the month:

Special goals or plans for the next month:

Exercise for Mood Log

This log is to keep track and compare my exercise with my moods. It helps me focus on the importance of exercising several days a week and how it makes me feel.

Week number or month/date: _____

	Day 1 Date:	Day 2 Date:	Day 3 Date:	Day 4 Date:	Day 5 Date:	Day 6 Date:	Day 7 Date:
Day of the week							
Exercise completed							
Time of day of exercise							
Type of exercise completed							
Intensity (%HR max*)							
Duration (minutes)							
Pre-exercise Feelings/Mood							
Post-exercise Feelings/Mood							

* HR max = Heart Rate maximum

You can determine the intensity of a workout/exercise by determining your heart rate during your exercise activity.

The age-adjusted maximal heart rate is determined through the following equation (HRmax = 220 minus your age).

Moderate intensity exercise: 64-76%

Vigorous intensity exercise: 77-93%

The following formulas are used to determine target heart rate of different exercises.

Moderate intensity exercise: 64 to 76% x (220-your age) = _____ to _____

Vigorous intensity exercise: 77 to 93% x (220-your age) = _____ to _____

Example, if you're 43 years old:

Moderate intensity exercise: .64 - .76 x (177) = 113-134

Vigorous intensity exercise: .77 - .93 x (177) = 136-164

If your heart rate is between 113-134 you're exercising in a moderate intensity range.