

# Fitness Diary

Name: \_\_\_\_\_

Keeping track of the exercise you do makes you feel better about how much you have been able to accomplish. You will be surprised at how much a little exercise here and there starts to add up. Remember, every step counts!

Dates: \_\_\_\_\_ to \_\_\_\_\_ Starting weight: \_\_\_\_\_

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

Total time: \_\_\_\_\_ Total calories burned: \_\_\_\_\_

Dates: \_\_\_\_\_ to \_\_\_\_\_ Starting weight: \_\_\_\_\_

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

Total time: \_\_\_\_\_ Total calories burned: \_\_\_\_\_