

On Target Living—EXERCISE LOG

WEEK OF ____ / ____ / ____

	Dynamic Warm-up 2–3 min.	Foundations 5–8 min.	Cardiovascular 10–25 min.	Strength 10–40 min.	Flexibility 1–5 min.	Daily physical activity	Comments
Monday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Tuesday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Wednesday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Thursday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Friday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Saturday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Sunday			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		