

Movement Log

At the end of each day, take a moment to journal your movement from that day. Your journal should include:

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:	Warm-Up:
Stretching:	Stretching:	Stretching:	Stretching:	Stretching:	Stretching:	Stretching:
Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:
Lower Body:	Lower Body:	Lower Body:	Lower Body:	Lower Body:	Lower Body:	Lower Body:
Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:
Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:
Class:	Class:	Class:	Class:	Class:	Class:	Class:
Step Total:	Step Total:	Step Total:	Step Total:	Step Total:	Step Total:	Step Total:

DISCLAIMER: This is not a substitute for professional medical advice, diagnosis, or treatment.

<p>Warm-Up: Write the amount of time you spend doing any exercise that is gradually increasing in intensity to raise your pulse. For example, before running or playing an intense sport, athletes might slowly jog to warm up their muscles and increase their heart rate.</p>	<p>Stretching: Write down the amount of time you spend deliberately flexing or stretching specific muscles, muscle groups, or tendons in order to improve a muscle's elasticity and achieve comfortable exercise.</p>
<p>Upper Body: Write down the part of the body or exercise, the number of sets (s), the number of repetitions (r), time in seconds you rest in between (sr) and the weight you lifted in pounds (lbs). The five major parts of the upper body include chest, shoulders, triceps, biceps and the back. For example "Bicep Curl 5s/25r/45sr/20lbs."</p>	<p>Lower Body: Write down the part of the body or exercise, the number of sets (s), the number of repetitions (r), time in seconds you rest in between (sr) and the weight you lifted in pounds (lbs). The major parts of the upper body include legs, thighs, and the gluteus maximus (buns). For example "Leg Squats 4s/30r/60sr/5lbs."</p>
<p>Abdominals: Write down the part of the body or exercise, the number of sets (s), the number of repetitions (r), time in seconds you rest in between (sr) and the weight you lifted in pounds (lbs). For example "Flutter Kicks 5s/50r/45sr/2lbs."</p>	<p>Cardio: Write down the exercise and the length of time. If you are using equipment that can measure your speed/distance you should log that as well. For example "40mi/3.5mph/uphill8%"</p>
<p>Class: Write down any classes you take that provide your movement. From spin class, dance to Tai Chi they are all important. Be sure to log the amount of time you spend in class.</p>	<p>Walking: Write down the number of steps you take in a day. Hopefully, you have a device that can track this for you. If not, you may want to consider purchasing one. Taking 10,000 steps a day is a popular goal because some research has shown (coupled with other healthy behaviors) it can lead to a decrease in chronic illnesses like diabetes, metabolic syndrome and heart disease.</p>