

Exercise record

Use these tables to record your exercises each week. Use the spare rows at the bottom to add your own exercises or activities. Download more copies of these forms at blf.org.uk/self-help

Activity	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:
<i>Warm-up</i>						
Aerobic exercise	<i>Record number of minutes</i>					
1. Walking	<i>Use a walking record to keep track</i>					
2. Step-ups						
3. Star jacks						
4. Marching on the spot						
Strengthening	<i>Record number of repetitions</i>					
5. Sit to stand						
6. Wall push-offs						
7. Heel raises						
8. Arm punches						
9. Squats						
10. Bicep curls						
11. Hip extensions						
12. Upright rows						
13. Knee extensions						
Balance and co-ordination	<i>Record number of repetitions</i>					
14. Leg slide to side						
15. Mini knee lifts						
Cool-down						
Stretches						

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