



Wellness University Exercise Diary

Each day, record your exercise workouts. Be sure to include the type of exercise and your workout time in minutes. The purpose of an exercise diary is to record the types of exercise you perform, how many minutes per week you perform them, and overall quality of your personal exercise program.

Name: _____

Date/Day	Cardio (type?)	Time (Min)	Strengthen (mm groups?)	Time (Min)	Stretching	Time (Min)	Core
1							Y N
2							Y N
3							Y N
4							Y N
5							Y N
6							Y N
7							Y N
	Total Min.		Total Min.		Total Min.		
1							Y N
2							Y N
3							Y N
4							Y N
5							Y N
6							Y N
7							Y N
	Total Min.		Total Min.		Total Min.		