



It's good to write down what you do for exercise. You can ask your support person to help you fill this out. It will help keep you going. Remember to try to exercise for 30 minutes or more at least three times a week. Remember to rest after you exercise. Do not exercise if you are really sore.

## **SAMPLE LOG:**

Date	Did you wat		Did you Warm Up & Stretch?		What Exercise	How	How did you feel after exercise?		
	Before	After	Before	After	did you do?	long?	Great	Okay	Really Sore
5/11/09	<b>✓</b>	<b>✓</b>	✓	<b>✓</b>	Walked to the park and back	35 min.		✓	

Date	Did you drink water?		Did you Warm Up & Stretch?		What Exercise did	How	How did you feel after exercise?		
	Before	After	Before	After	you do?	long?	Great	Okay	Really Sore



Date	Did you wat	Did you drink water?		you Up & tch?	What Exercise did	How	How did you feel after exercise?		
	Before	After	Before	After	you do?	long?	Great	Okay	Really Sore