

Track Your Activities

ENDURANCE DAILY RECORD

You can use this form to record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

TIP: Be creative! Try different activities on different days of the week and don't forget to challenge yourself.

Week of _____

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance Activity 1							
How Long Did You Do It?							
Endurance Activity 2							
How Long Did You Do It?							
Endurance Activity 3							
How Long Did You Do It?							

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Number of Steps							



Go4Life is a registered trademark of the U.S. Department of Health and Human Services.



www.nia.nih.gov/Go4Life

Track Your Activities

STRENGTH DAILY RECORD

You can use this form to keep track of the strength exercises you do each day. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week for 30-minute sessions each, but don't exercise the same muscle group on any 2 days in a row.** Record the number of repetitions and the amount of weight you use (for example, "2 reps/3 lbs").

Week of _____

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Hand Grip							
	Wrist Curl							
	Overhead Arm Raise							
	Front Arm Raise							
	Side Arm Raise							
	Arm Curl							
	Seated Row							
	Wall Push-Up							
	Elbow Extension							
	Chair Dip							
LOWER-BODY	Back Leg Raise							
	Side Leg Raise							
	Knee Curl							
	Leg Straightening							
	Chair Stand							
	Toe Stand							



National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.



www.nia.nih.gov/Go4Life

Track Your Activities

FLEXIBILITY DAILY RECORD

You can use this form to keep track of your flexibility exercises. Record the number of repetitions you do.

Week of _____

	EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UPPER-BODY	Neck							
	Shoulder							
	Shoulder/Upper Arm							
	Upper Body							
	Chest							
	Back 1							
	Back 2							
	Upper Back							
LOWER-BODY	Ankle							
	Back of Leg							
	Thigh							
	Lower Back							
	Calf							
	Buddy Stretch							



National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.



www.nia.nih.gov/Go4Life