

Name: J.Smith

Starting date: Oct 12

MOVEMENT(EXERCISE) MONITORING SHEET

General Fitness: Please indicate *the total number of minutes* of either swimming/walking, bicycling per day for each week of the program. Record only designated exercise time (not, for example, walking while shopping etc..)

If you already engage in a regular exercise, e.g. 20-30 minutes of daily brisk walking, choose another type to gradually increase.
OR

Specific Exercises: Please indicate your daily total number of repetitions of exercises (stretches, pelvic tilts, sit-ups, etc.) achieved each day for each week of the program. Circle, or in some other way, make these figures distinct from minutes totals from above.

Day	Example									
	Normal	2	3	4	5	6	7	8	9	10
Mon	0	9	11	13	15	20				
Tues	6	8	11	13	15	20				
Wed	5	9	11	13	17	20				
Thurs	0	9	11	13	17	20				
Fri	5	8	11	13	17	20				
Sat	0	9	11	13	17	20				
Sun	0	9	11	13	17	20				

*Normal = Your current level of exercise - without any special effort to improve. Record during 1st week i.e. between 1st and 2nd sessions.

If exercise is not part of your normal routine, record as "0" during your first week.

Suggested minimum goal = *Gradual* increase to 20 - 30 minutes daily exercise (or 10-20 specific exercises) over 6 weeks.