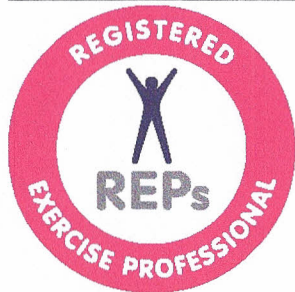


Planned Weekly Exercise

Quick reference to what exercise are you planning to do this week.

Blank space for planning weekly exercise.



Terri Bryant BSc(Hons), PgC
is a member of the
Register of Exercise Professionals
www.exerciseregister.org



Exercise Record Sheet

Name:

Date:

Terri Bryant

20 The Smithy, Denmead, Hampshire, PO7 6YS

Tel: 023 9224 1764 Mob: 078 5484 8201

E-mail: terribryant@btinternet.com

Website: www.bodyfocus.org.uk

Week No:	Target HR Range:
Target Daily Step Count:	Target 'How it Feels' range:

Day	Activity	Duration/Intensity	Done	Comments
1				
2				
3				
4				
5				
6				
7				