

# Track Your EXERCISE

One of the most important components of a successful and consistent exercise routine is accountability. Whether you rely on a friend, family member, trainer, or simply your own willpower to keep you in check, having a system for tracking your progress is key.

Use this simple chart to begin gradually incorporating exercise into your daily routine for a period of seven weeks. Take the time to observe how you feel when you incorporate more or less activity into your life. In addition, notice how your body reacts to different types of movement.

Make sure to acknowledge all the little types of exercise you do. With this chart, you can track everything from walking to

morning sun salutations to basic strength exercises. Simply specify the type of exercise in the far left column, then track the number of minutes you do it each week. At the end of seven weeks, print out a fresh sheet and start new.

Just as bio-individuality plays a major role in other areas of health, it's important to keep it in mind when it comes to exercise – how much, and which types, will benefit you most? Some people do better with more gentle, centering exercises, while others require vigorous activity for optimal health. Below the chart, you'll find a brief list of recommended exercises – though your options are endless. Experiment to discover what works for you.



| TYPES OF EXERCISE | NUMBER OF MINUTES |   |   |   |   |   |   |
|-------------------|-------------------|---|---|---|---|---|---|
|                   | 1                 | 2 | 3 | 4 | 5 | 6 | 7 |
|                   |                   |   |   |   |   |   |   |
|                   |                   |   |   |   |   |   |   |
|                   |                   |   |   |   |   |   |   |
|                   |                   |   |   |   |   |   |   |
|                   |                   |   |   |   |   |   |   |

Suggested activities: walking, running, biking, swimming, yoga, Pilates, and simple strength exercises like planks, pushups, and squats.