

# My Exercise Log

Tracking your daily movement is a great way to be inspired and see your progress over time.

Every step counts, and logging your activity makes it even more rewarding. Use this simple exercise log to stay on track and keep moving toward better health! **Share this with your**

**Primary Care Team for tips and guidance and so they can have the full picture of your activity.**

Date	Exercise or Activity	Number of Minutes	Notes or Feelings
4/13	Walking and light stretches	45	It felt good - took a rest


Mix up your routines with **Endurance, Strength, Balance and Flexibility** exercises. Enjoy activities like **Swimming, Walking, Band Exercises**, etc.

For more My Exercise Logs visit [eBrightHealthACO.org](http://eBrightHealthACO.org) to download a print-friendly version.



# Get going!

Before starting any new activity, consult your Primary Care Team to ensure it's safe for you. Begin slowly and choose exercises that match your current fitness level. Here are some low-impact, feel-good movements for your routine.




**Aerobics**

- Walking
- Dancing
- Swimming
- Bicycle riding  
(stationary or outdoors)
- Low-impact or water  
aerobics classes



**Strength**

- Exercises with  
light weights or an  
exercise band
- Carrying groceries
- Gardening  
(digging, lifting, carrying)
- Seated leg lifts
- Squats  
(holding onto a chair)



**Balance**

- Tai Chi
- Yoga  
(chair and standing)
- Strength and  
light-weight training
- Standing from a  
sitting position  
(repeat a few times)

## Take the talk test

Not sure if your activity is moderate or vigorous?  
Try this simple test:

**Can you talk easily while moving?**  
If yes, your exercise is moderately  
intense.

**Out of breath after just a  
few words? If yes, you're in  
the vigorous-intensity zone.**



*Listen to your  
body and move  
at a pace that  
works for you!*

## Looking for guidance and support?

These resources offer expert advice, activity plans and fitness tips tailored for all ages:

### ChristianaCare's Safe Steps

[christianacare.org/us/en/care/specialty-care/senior-health/safe-steps](https://christianacare.org/us/en/care/specialty-care/senior-health/safe-steps)

### National Institute on Aging

[nia.nih.gov/health/exercise-and-physical-activity](https://nia.nih.gov/health/exercise-and-physical-activity)

### Move Your Way

[odphp.health.gov/moveyourway#older-adults](https://odphp.health.gov/moveyourway#older-adults)