



www.exercisexchange.co.nz

More resources at...

www.exercisexchange.co.nz/resources

© Exercise Change 2015



Exercise & Motivation Log

From ___/___/___

To ___/___/___

About Exercise Change

ExerciseChange.co.nz. A website that looks at the topics of motivation and change in the context of physical exercise. The website is for anyone regardless of age or fitness level, who wants to build, strengthen and maintain motivation to exercise.

Exercising... Many people love it and just as many don't. For those that find it a struggle or equally for those already training and unable to move to the next level, exercise can be frustrating. Often we ask ourselves questions like...

- **What happened, I started so well? or**
- **Why can't I stick to anything I try? or**
- **I really want to do this so why can't I?**

These are exactly the types of questions Exercise Change aims to address. The combination of [Interviews](#), [Blog](#), [Resources](#) and [Books](#) offer a unique insight into Motivation and Change, and how it applies to you.

So... Arm yourself with knowledge, take action and take control.

Matt Williams

More resources at...
www.exercisechange.co.nz/resources



Body Composition Log

Day/Date	D / /	D / /	D / /	D / /	D / /	D / /	D / /
Time							
Weight							
*Fat %							
*Muscle %							
*Bone mass							
*Water %							
Circumference (cm's)	Chest						
	Waist						
	Hip						
	Total						

**These measurements will require the use of 'body fat scales' (Bioelectric Impedance) and/or body fat calipers*

Measurement Instructions

- **Chest:** measure just above the nipples (tape should be even all the way around your body)
- **Waist:** measure your waist at the narrowest point. This is usually midway between the hips and chest
- **Hips:** measure your hips at the widest point. This is usually the point where the buttocks sticks out the most

Notes

Use this space to reflect on your progress. What has worked? What hasn't worked? What are you going to try next? What are the factors that are motivating and demotivating for you and what are you going to do to address these factors?

Keeping an Exercise & Motivation Log

About: This Exercise & Motivation log will help you track the type, frequency and effectiveness of the exercise you're doing. It will also help you track how motivated you are to exercise and serve as an early warning system for waning motivation. Studies have shown that keeping a log can increase the effectiveness of exercising as it provides a means from which to analyse progress and if needed make modifications. Tracking levels of motivation can also provide you with fantastic insights into the types of things that add to and take away from your motivation to exercise. Ideally you will record your physical (exercise) and mental (motivation) progress for at least a month. This time period will provide enough information to accurately analyse what you're doing and whether or not it's working. From here you can modify routines or change them all together.

Instructions: Follow these instructions when filling out of your Exercise & Motivation Log.

Date, time and warm up: Write the date and time of day you exercised. Also record what you did for a warm up. This can be left blank if you didn't warm up.

Average and maximum heart rate: If you decide to measure and record your heart rate, record you maximum heart rate and your average heart rate. To accurately record this you will need to use a heart rate monitor. One off heart rates can be measured without a heart rate monitor but this will only give you a snap shot of your heart rate at that particular moment. To do this measure your pulse for 10 seconds then multiply by 6, e.g. 23 beats (in 10 seconds) x 6 = 138

Overall difficulty: Write down how difficult you thought your workout was using a scale of 0 to 10. On this scale 0 would represent an un-challenging workout and 10 would represent an extremely challenging workout.

Exercise type: Record the type of exercise you were doing. This could include cardio, strength training, interval training, yoga, circuit training, sport specific e.g. running, cycling, martial arts, swimming etc.

Sets, reps, times and totals: Record any relevant sets, repetitions, timings and totals for what you were doing. You may also want to add other relevant information, for example you may have been doing explosive movements i.e. clap push ups as opposed to regular push ups.

Motivation: Record how motivated you are on a scale of 0 to 10 (with 0 being not motivated at all and 10 being extremely motivated). In addition explain why you are feeling this way and how you will maintain your motivation (if motivated) or how you will build your motivation (if you're not motivated). IT'S EXTREMELY IMPORTANT THAT IF YOU SCORE BELOW A 7 ON THREE CONSECUTIVE OCCASIONS YOU IMPLEMENT A PLAN OR STRATEGY TO ADDRESS LOW MOTIVATION AND ATTEMPT TO REBUILD IT.

Some basic rules to remember

- **Be specific:** For example when you went for a run did you run slowly and consistently or did you vary the pace of your run? When you said you felt particularly motivated or unmotivated did you get specific on why you felt this way?
- **Write everything down:** Keep your diary with you when you exercise, and write down everything you do and think (if relevant). This should include any warm ups, unscheduled extras and any relevant fluctuations in thinking/motivation.
- **Do it now:** Don't depend on your memory at the end of the day. Record exercise and thinking soon after or immediately after you've finished working out. Research has shown that filling in any type of log retrospectively can mean up to a third of what has been completed is not remembered. So remember fill in your log sooner rather than later!
- **Tell the truth:** There's nothing to be gained by trying to look good on these forms. Honesty is the only way you'll get an accurate picture of exercise and motivation.
- **Measure yourself:** Regularly weighing and measuring yourself using the body composition log is a great way to track progress. This serves two purposes. It lets you know if what you are doing is effective and also provides on-going motivation by providing concrete evidence of how far you've come.

If you have any questions, contact matt@exercisechange.co.nz

Example of how to fill in your Exercise & Motivation log

Date: 25th / Oct / 2015 Time: 5:30pm Warm up: 5mins light jogging
 Av. Heart Rate: N/A Max. Heart Rate: N/A Overall difficulty: (0-10) 6-7

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	
<p><i>Strength</i> 3 sets of push ups (27/26/23) 3 sets of body weight squats (30/30/27) 1 set of abdominal crunches to failure (63)</p> <hr/> <p><i>Cardio</i> 20 minute run (every 4 minutes I ran fast for about 30 seconds)</p>	<p><i>Motivation 8/10</i> Felt motivated today because I'm progressing faster than I thought I would. I'm going to keep focussing on the reasons why I wanted to exercise in the first place</p> <p><i>Or...</i></p> <p><i>Motivation 3/10</i> Not motivated today. Sleeping really badly so I'm going to try to go to bed earlier. Feeling a bit overwhelmed and sore so I will do slightly less this week. I will also revisit the reasons it was important to exercise in the first place</p>

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	
<div style="border-right: 1px solid black; border-bottom: 1px dashed black; min-height: 250px;"></div>	<div style="border-bottom: 1px dashed black; min-height: 250px;"></div>

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	
<div style="border-right: 1px solid black; border-bottom: 1px dashed black; min-height: 250px;"></div>	<div style="border-bottom: 1px dashed black; min-height: 250px;"></div>

4 week cycle

Use the following table to record a 4 week exercise and motivation plan. Once 4 weeks are up review your plan and modify accordingly.

	Week 1	Week 2	Week 3	Week 4
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ___/___/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Exercise & Motivation Log

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	

Date: ____/____/20__ Time: _____ Warm up: _____

Av. Heart Rate: _____ Max. Heart Rate: _____ Overall difficulty: (0-10) _____

Exercise Type • Sets • Reps • Times • Totals • Motivation 0/10	