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# Exercise Log

From \_\_\_/\_\_\_/20\_\_\_

To \_\_\_/\_\_\_/20\_\_\_

## Keeping an Exercise Log

### About

An exercise log will help you assess the type of exercise you're doing, when you're doing it and how effective it's been. Studies have shown that keeping an exercise log can increase the effectiveness of what you're doing (via analysis and modification) and provide a motivational boost when things get tough (affirms how far you've actually come). Ideally you will record your exercise frequency and intensity for at least a month. This will give you enough information to accurately analyse what is you're doing to modify. From here you can modify your exercise routine, or change it all together.

### Instructions

Follow these instructions when filling out of your exercise 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 1 to 10. On this scale 1 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. martial arts, swimming etc.

### Exercise variation

Write down the specific variety of exercise you were doing. For example if you were doing cardio, were you running, cycling or interval training?

### 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.

## Body Composition Log

Day/Date Time		D / /13	D / /13	D / /13	D / /13	D / /13	D / /13	D / /13
Weight								
Fat %								
Muscle %								
Bone mass								
Water %								
Circumference (cm's)	Chest							
	Waist							
	Hip							
	Total							

### 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? Etc.

## 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?
- **Write everything down:** Keep your diary with you when you exercise, and write down everything you do. This should include any warm ups,
- **Do it now:** Don't depend on your memory at the end of the day. Record the exercises you completed 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 the exercise you're doing.
- **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](mailto:matt@exercisechange.co.nz)

Example of how to fill in your exercise log

Date: *25<sup>th</sup> / Oct / 2013*    Time: *5:30pm*    Warm up: *5mins light jogging*

Av. Heart Rate: *N/A*    Max. Heart Rate: *N/A*    Overall difficulty: (1-10) *6-7*

Exercise Type • Exercise Variation • Sets • Reps • Times • Totals	
<i>Strength</i> <i>3 sets of push ups (27/26/23)</i> <i>3 sets of body weight squats (30/30/27)</i>	<i>Cardio</i> <i>20 minute run</i> <i>- Every 4 minutes / ran fast for about 30 seconds</i>

## 4 week cycle

Use the following table to record a 4 week exercise 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				

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