# Daily exercise tracker

*Keeping track of the exercise you do each day, week, and month can help you reach your exercise goals. Track your exercise every day using this monthly calendar. For each day, fill in the date, the exercise activity completed, and the total time spent (duration) doing the activity. Set daily or weekly goals for yourself and use this calendar to help keep yourself on target.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Week Total |
| **Week 1** | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Week 1 total*  *activity duration:* |
| *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* |  |
| **Week 2** | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Week 2 total*  *activity duration:* |
| *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* |  |
| **Week 3** | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Week 3 total*  *activity duration:* |
| *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* |  |
| **Week 4** | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Week 4 total*  *activity duration:* |
| *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* |  |
| **Week 5** | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Date:*  *Activity:* | *Week 5 total*  *activity duration:* |
| *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* | *Duration:* |  |

Source: *AMA. Practice transformation series: Managing Type 2 Diabetes. 2017.*