

## Daily/Weekly Fitness Log

This log lists all the exercises featured in the *Keep Moving* program. If you need a “refresher” on how to do certain exercises, refer to your resource guide—or check out the instructor-led demonstrations on the *Keep Moving* DVD. Before you start the exercises or follow the other tips in the *Keep Moving* program, talk with your doctor.

	<i>Example</i>	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Date	7/27							
<b>The Strengthening Sets</b>	<i>#Reps</i>							
Toe stand (Set 1/Set 2)	12/12							
Modified squat (Set 1/Set 2)	10/8							
Knee Extension								
Set 1 (left/right)	10/7							
Set 2 (left/right)	9/8							
Knee Curl								
Set 1 (left/right)	12/8							
Set 2 (left/right)	10/7							
<b>The Flexibility Stretches</b>								
Quadriceps stretch	✓							
Hamstrings/Calf stretch	✓							
Achilles calf stretch	✓							
Double hip rotation	✓							
<b>Aerobic Activity</b>	MIN. 10	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.	MIN.