

Keeping an Exercise Journal

It's important before and after weight loss surgery to record your daily exercise routines. An exercise journal will help you set personal goals, measure your progress, stick to a set fitness program, and help plan improvements.

What to include:

1. Record types of exercises for each day of the week
2. How long your exercising
3. Your targeted goals
4. Level of difficulty– e.g. 1 being easy, 5 being difficult
5. How you felt physically after exercising – e.g. tired, energized, etc.
6. **And remember, be honest. It will only help you!**

Some great arm strengtheners:

Weights Push-ups
Pull-ups Arm circles
Bicep curls

Some great back/shoulder strengtheners:

Pull-downs (machine) Bench press
Arm raises

Some great leg strengtheners:

Legg press (machine) Leg curls
Squats Lunges

Some great abdominal exercises:

Sit-ups Boat pose
Pilates Side bends

Please see next page to print out your journal.

If you have any questions, please contact us by email at

info@BariatricSurgeryCorner.com.



Day of Week: _____

Strength Training Exercise:

| EXERCISE | WEIGHT | GOAL REPS | DEFICULTY LEVEL | Notes |
|--|--------|-----------|-----------------|-------|
| Monday (arms) | | | | |
| Tuesday (legs/abs) | | | | |
| Wednesday (back and shoulders) | | | | |
| Thursday (arms) | | | | |
| Friday (legs) | | | | |
| Saturday (back and shoulders) | | | | |
| Sunday (day off, or your choice) | | | | |



Cardiovascular Exercise:

| Day of Week | Exercise | Targeted Goal Duration | Actual Duration | Difficulty Level | Notes |
|-------------|----------|------------------------|-----------------|------------------|-------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |