



Exercise Guide

This guide will help you to fill out your exercise chart. Use the different choices to fill in your own personal exercise.

Exercise category	Choices
Warm Up/ Cool Down	I will stretch before exercise
	I will stretch after exercise
	I will stretch before and after exercise
Endurance/ Aerobic Activity	Walking
	Swimming
	Dancing
	Jogging
	Biking
	Tennis
	Bowling
	Aerobics/ Jazzercise
	Water Aerobics
	Stair Climbing
	Basketball
	Baseball/ Softball
	Canoeing/ Kayaking
	Chair Exercises
Or, add your own	
Strength Training	I will lift weights once per week
	I will lift weights twice a week
	I will lift weights three times a week

Strength Training	I will do weight bearing exercise: stairclimbing, squats, push-ups
	Or, add your own
Other Activities	Gardening
	Raking Leaves
	Sweeping/ Mopping
	Vacuuming
	Washing windows
	Mowing the lawn
	Shoveling snow
	General house cleaning
	Or, add your own
Social Support	I will exercise with a friend
	I will exercise with a group of friends
	I will exercise with a relative
	I will exercise in a group (like an exercise class)
	I will exercise with my dog
	I will ask for support from my friends and family
	I will work with a personal trainer or exercise coach
	Others