

Get Unstuck Bootcamp Exercise Journal

Week Number _____

Goals for this week _____

Sunday

Activity _____

Duration _____

Monday

Activity _____

Duration _____

Tuesday

Activity _____

Duration _____

Wednesday

Activity _____

Duration _____

Thursday

Activity _____

Duration _____

Friday

Activity _____

Duration _____

Saturday

Activity _____

Duration _____

What to do:

Each day, write down your activity and the number of minutes.

Things to include that you might not think of as exercise:

Housekeeping
Gardening
Dog Walking

Do you have other ideas?
Share them on our [Facebook page](#).