



## Exercise Weekly Schedule:

Write in space provided below type of activity and total time spent exercising in each category

<b>Intensity of Exercise/Activity</b>	<b>Date: Mon</b>	<b>Date: Tues</b>	<b>Date: Wed</b>	<b>Date: Thurs</b>	<b>Date: Fri</b>	<b>Date: Sat</b>	<b>Date: Sun</b>
<b>1) Low</b>	Stretches  7:00 am – 7:15 am	Balance  7:00 am – 7:15 am		Stretches  7:00 am – 7:15 am	Balance  7:00 am – 7:15 am	Stretches  7:00 am – 7:15 am	
<b>2) Low-Moderate</b>			Yoga  1:00 pm – 2:00 pm				Yoga  1:00 pm – 2:00 pm
<b>3) Moderate</b>		Weight Lifting 5:00 pm – 5:30 pm	Walking  5:00 pm – 5:30 pm		Weight Lifting 5:00 pm – 5:30 pm	Walking  5:00 pm – 5:30 pm	Walking  5:00 pm – 5:30 pm
<b>4 ) Vigorous</b>	Spin Class  5:00 pm – 5:30 pm			Spin Class  5:00 pm – 5:30 pm			