

Be Active Exercise Diary

This is your personal Be Active Exercise Equipment Diary. You can use it to keep a record of your exercising and set goals. Write the date you started exercising after 'week starting'. Under each day you do the exercises on the equipment, you can fill in how many times you did the exercise that day. See if you can do one more of each exercise each time or increase the number of times per week you do the exercises.

Remember to warm up and cool down to avoid injury. A 5 - 10 minute walk for warming up and cooling down is ideal. If you suffer from any medical conditions that may be adversely affected by physical exertion do not use the Be Active park equipment without first seeking medical advice. Make sure you stand clear of the equipment if you are observing, and don't use the equipment if you are under 12 years of age.

Week starting:

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Warmup (5-10 mins)								
Hamstring Stretch								
Calf Stretch								
Steps								
Sit-ups								
Straight leg Raise								
Agility exercise								
Bicep curls								
Cool down (5-10 mins)								



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