



ENERJOY

Health/Fitness Programs Inc.

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Track the number of minutes you engage in exercise each week. Use these codes when completing your log:

- ♥ = Heart Strengthening
- S = Muscle Strengthening
- ☺ = Stress Reduction
- F = Flexibility Stretching

Exercise Log

My number one reason for improving my health is: _____

SET YOUR GOAL

Over the next 4 weeks I will _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							

You're half way there! Here's your opportunity to change your goal if you'd like.

Over the next 2 weeks I will _____

Week 3							
Week 4							

Congratulations – the healthy behaviors you've been tracking are closer to being habits now. Take some time to look back at the last month and e-mail liz@enerjoyhealth.com to tell her how you're feeling!