

Exercise Schedule Observation Checklist

Exercise I chose today

Observations

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Exercise Schedule Observation Checklist

How to use this Exercise Schedule Observation Checklist.

Ask yourself the following questions daily:

- Was my workout painless, easy and fun?
- Can I attempt this exercise or workout again tomorrow with enthusiasm?
- Do I have to change the type of exercise, the intensity and/or class so it can be painless, easy and fun?
- Was it scheduled easily and seamlessly into my daily routine?
- If not, where can it better compliment my daily or weekly routine?
- Do I have to consider not going to that workout class 1 or 2 days of the week?
- Do I need a buddy for this type of exercise or workout class?
- Did I make a friend today?
- Did I call a friend to join me?

- After each exercise or workout give yourself a verbal compliment such as, "I did it!".
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- Remember the feeling of accomplishing this workout then try to remind yourself the next day before heading out to do the workout.
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- Grab a color marker you like and check it off your list while you do this be aware of the feeling of accomplishment.
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- Copy, print, and hang the following message from me:
- "Congratulations, you did it! I know you can do it again tomorrow!"

LISETTE SANDOVAL

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Exercise Schedule Observation Checklist

Exercise I chose today

Observations

Monday
hot yoga

felt very tired afterward.
I might enjoy this more in the evening
small talked with someone in class

Tuesday
yoga

woke up with extreme pain
will try regular yoga today
so far it fits in the schedule

Wednesday
Zumba

woke up very sore
will try zumba today, still fits in the agenda. Zumba was fun today!!

Thursday
pilates

tried pilates at a diff. time.
made a friend. will come back tomorrow. still sore from yoga.

Friday

Saturday

Sunday

