

Worksheet for Chapter 7 - Exercise

If you are able, purchase an inexpensive pedometer (available in the Sporting Goods Department at most stores) or use your smartphone with an app (good if you keep your phone in your pocket all day). See how many steps you currently average every day.

- Increase that number just a little bit each day and then look at your totals for the week.
- Keep track and give yourself a pat on the back for a job well done when you consistently increase that number!
- Each day write down what exercise you did and the effort you put into it on a scale of 1-5
- Scale for effort
 - 1 = no effort
 - 2 = not breathing hard
 - 3 = starting to breath hard, a little sweaty
 - 4 = working up a sweat, breathing hard
 - 5 = difficult to finish, but you did it!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							