

Exercise Log



Why track your exercise?

If you're just starting to exercise, logging can help you stay motivated, figure out the best days and times for you, and make sure you're hitting your goals. Start out slow and work your way up gradually. Talk to your doctor about your goals and check in to your Rally missions every day.

How to use this chart

Note all your activity and add it all up at the end of the week. What day worked best for your schedule? What did you enjoy? Most adults should aim for 150 minutes of moderate cardio exercise per week (or 75 minutes of vigorous cardio), plus strength or resistance exercises two or three times a week.

