

# Fitness Chart



It is never too late to start an exercise routine no matter your fitness level. It is recommended you do 2 hours and 30 minutes of moderate activity a week, in at least 10 minute increments. Additionally, try to work in strengthening activities (sit-ups, push-ups, and weight training) at least twice a week. Use the chart below to track time doing aerobic activity, and to track strengthening activities.

**NOTE: Always talk to your doctor before starting any new exercise routine.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<b>Week 1</b>	Aerobic time							
	Strengthening							
<b>Week 2</b>	Aerobic time							
	Strengthening							
<b>Week 3</b>	Aerobic time							
	Strengthening							
<b>Week 4</b>	Aerobic time							
	Strengthening							
<b>Week 5</b>	Aerobic time							
	Strengthening							