

Daily Record

Endurance and Flexibility

Week of _____

You might want to make copies of this form. Leave this one blank, so you can copy it as needed.
 This form is for keeping track of the activities and exercises you do each day.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance: <i>List the activity you did and how long you did it.</i>	activity →							
	how long?							
Flexibility. Check the box of each stretching exercise you did:								
Hamstrings								
Alternate hamstring								
• Calves								
• Ankles								
• Triceps								
• Wrists								
• Quadriceps								
• Double Hip Rotation								
• Single Hip Rotation								
• Shoulder Rotation								
• Neck Rotation								