



# Exercise Tracker Weeks 1–8

1-888-423-4632 | [www.silversneakers.com](http://www.silversneakers.com)



	Date	Type of Exercise	Duration	Notes
<b>WEEK 1</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 2</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 3</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 4</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 5</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 6</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 7</b>				

	Date	Type of Exercise	Duration	Notes
<b>WEEK 8</b>				



# Exercise Tracker Weeks 9–16

1-888-423-4632 | [www.silversneakers.com](http://www.silversneakers.com)



Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes

Date	Type of Exercise	Duration	Notes