

Exercise tracker

after six months

week commencing

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTALS (TARGETS)
Minutes of moderate exercise[†] (300/week) [†]								(300 minutes per week)
Minutes of vigorous exercise^{†▲} (150/week) [†]								(150 minutes per week)
Flexibility training (2/week)								(2 times per week)
Resistance training (2 or 3/week)								(2-3 times per week)

[†] R = restricted day, U = unrestricted day

^{†††} Ensure you have completed the PAR-Q questionnaire on The 2-Day Diet web site or page 120 of The 2-Day Diet book before you commence exercising.

[†]After you have built up to 150 minutes moderate intensity exercise per week or 75 minutes vigorous intensity exercise per week over 3 months and maintained this level of exercise for 3 months then you are ready to build up to 300 minutes moderate intensity exercise per week or 150 minutes vigorous intensity exercise per week. You can combine your minutes of moderate and vigorous intensity exercise and aim for a total of 300 minutes. Each minute of vigorous exercise counts as 2 minutes of moderate so if you're mixing the 2 intensities double your minutes of vigorous and add them to your minutes of moderate. Download the information sheets or refer to page 125 of *The 2-Day Diet* book for examples of vigorous and moderate activities.