



The Healthy Heart Miracle

DASH PLUS FITNESS LOG

Instructions

Use your Fitness Log to note each day's activities as you build your exercise program: what you did, length of time, distance, level of effort, how you felt, and any other helpful information.

You can use copies of this page or use any datebook or notebook. (See below)

If you are starting a new exercise program

- Get doctor's permission
- Complete Self-Assessment (page 15)
- Record physical activity every day
- Check local gyms, classes, etc.
- Complete exercise selection checklist (page 251)

Week _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To download this form, go to www.healthyheartmiracle.com

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For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7