

Exercise Checklist

A weekly coverage checklist so your routine includes every type of exercise.

Plan Your Week

- Look at your week and pick days for each type of exercise
- Aim to cover cardio, strength, flexibility, and balance
- Spread activity across most days rather than one big session
- Schedule at least one rest or active-recovery day
Recovery is part of a complete routine, not a gap in it.
- Choose activities you enjoy so you stick with the plan

Cardio Coverage

- Include at least 150 minutes of moderate cardio this week
- Tick off activities like brisk walking, cycling, or swimming
- Add a faster effort or interval session if you feel ready
- Use everyday movement like stairs and walks to add minutes
- Confirm cardio appears on at least 3 days of your week

Strength Coverage

- Train all major muscle groups at least twice this week
- Include pushing, pulling, lower-body, and core movements
- Use bodyweight, bands, or weights based on what you have
- Focus on good form and progress load gradually
- Confirm both strength sessions are checked off

Flexibility Coverage

- Stretch major muscle groups on several days this week
- Hold static stretches for 15 to 30 seconds after exercise
- Add a yoga or mobility session if you can
- Stretch areas that feel tight from daily sitting
- Confirm flexibility work is covered, not skipped

Balance and Mobility Coverage

- Practice balance drills such as standing on one leg
- Try heel-to-toe walking near a wall or sturdy chair for support
Use support nearby until your balance feels steady.
- Add mobility drills for hips, ankles, and shoulders
- Include core work that supports stability
- Confirm at least one balance or mobility session this week

Review and Adjust

- At week's end, check which types you covered
- Note any category you missed and plan it for next week
- Adjust the balance if one type is always crowding out others
- Track how your energy, strength, and mobility change over time

○ Important: This is general information, not medical advice. Consult your doctor before starting a new exercise program, especially with a health condition, injury, balance issues, or pregnancy.