Creating An Exercise Schedule

Time is an infinite commodity (unless, of course, you're an author with a deadline). Therefore, it is important that we make the most of our time and use it wisely.

Creating a realistic yet challenging exercise schedule is one of the best ways to do this. Not only will it help you stay on track with your goals, it will also help you to avoid injuries. Because muscles are fragile and take a long time to repair, it is important to be realistic when planning your goals and know your limit. Many people underestimate the value of a regular exercise routine and think they have the time to actually do exercise whenever they feel like. This is a mistake. Instead, they should be:

Time Efficient

It is important to consider the amount of time you have available to exercise and how this can be incorporated into your lifestyle. Consider the benefits you can expect to reap by the time you have allotted to exercise.

Fast walking	3 miles/hour	3 miles/hour	3 miles/hour
Jogging	6 miles/hour	6 miles/hour	6 miles/hour
Cycling	20 miles/hour	20 miles/hour	20 miles/hour
Weight lifting	3-5 lb/hour	10 lb/hour	15 lb/hour
Calories	400 calories	800 calories	1200 calories

Write down any other commitments you have that may affect your exercise schedule:

1) _____

2) _____

3) _____

4) _____

Write down when you are available to exercise. Ideally, you should be able to exercise three times a week.

Monday: _____

Wednesday: _____

Friday: _____

Write down your goals:

Remember to be realistic. Set goals that are achievable and measurable. Consider the time you have to exercise and the rate at which you can make progress.