

# Exercise journal

Before you begin exercising during your pregnancy, consult your physician. Once you know exercise is safe for you, follow these steps to get started:

- 1 Choose a low-impact exercise like walking, swimming or cycling
- 2 Make sure you have the proper gear: supportive shoes and a sports bra
- 3 Drink plenty of water
- 4 Exercise 30 minutes each day (at one time or in 10 minute increments)

Week of.....

	Type of exercise	Start time and stop time	Calories burned	How do you feel? Go to <a href="http://VirtuaBaby.org">VirtuaBaby.org</a> , click on pregnancy and then exercise to see a list of warning signs.
MON		Start: Stop:		
TUES		Start: Stop:		
WED		Start: Stop:		
THUR		Start: Stop:		
FRI		Start: Stop:		
SAT		Start: Stop:		
SUN		Start: Stop:		