

TRAINING LOG: Why Should You Use one?



Tracking your exercise progress is key in providing feedback and drive to keep going. You can track this by keeping a training log on the amount of exercise done and general observations. The Steadward Centre and MS Society of Canada-Edmonton Chapter have created a log to help you get the most out of exercising. There are a number of reasons for keeping a log:



- ☑ It allows for self-tracking of individual progress, thus allowing for changes to your program. Changes can serve to keep you interested.
- ☑ It acts as a motivational tool. By seeing your gains and progress it will offer more motivation to keep being active. Success we feel and see keeps us going!
- ☑ It helps you set personal goals around exercise and wellness. You will be able to set realistic and attainable goals that are both short and long term.
- ☑ It provides structure to your exercise routine. You can track and see what you have done and what is left.
- ☑ It will help you to determine what is best for you and in turn you will have a more active, engaged and committed role in your own program.
- ☑ It will provide helpful information to the people that are involved in helping to improve and maintain your overall wellness and quality of life. For example:
 - Your personal trainer can use the log to create or change your program.
 - Your doctor can use the information to help provide a more holistic wellness plan around medication, energy conservation, fatigue, and pain management.
- ☑ It will provide a more holistic picture of exercise and activity in your life.

By keeping a weekly training log you will ensure that you get the most out of your exercise and physical activity experience.

For more information on exercise and MS, contact your local chapter of the MS Society of Canada or to get your copy of an MS ActiveNOW Training Log. This can be done by calling your local chapter (1-800-268-7582) or by accessing the MS ActiveNOW website <http://www.mssociety.ca/alberta/active.htm>.