

My Exercise Log

Name:

Date:

<i>Day of the Week</i>	<i>How I Exercised</i>	<i>How Many Minutes</i>
<i>Monday</i>		
<i>Tuesday</i>		
<i>Wednesday</i>		
<i>Thursday</i>		
<i>Friday</i>		
<i>Saturday</i>		
<i>Sunday</i>		