

EXERCISE LOG

Print this exercise log sheet to help you keep track of your exercise routine. Print a copy of the log sheet for every month.

Name _____ Physician _____ Starting Wt. _____ Goal wt _____

	Date	Type Of Activity	Exercise Time	Weight
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				
	Date	Type Of Activity	Exercise Time	Weight
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				
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