

# WEEKLY EXERCISE LOG

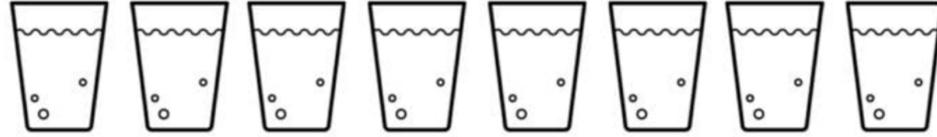


## Sunday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



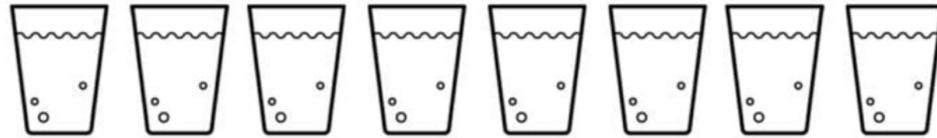
- Cardio
- Strength
- Other

## Monday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



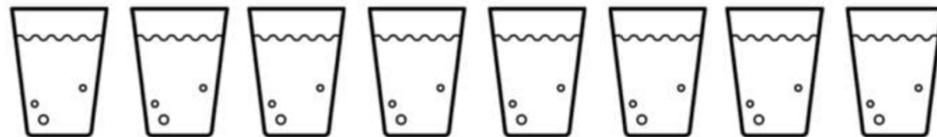
- Cardio
- Strength
- Other

## Tuesday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



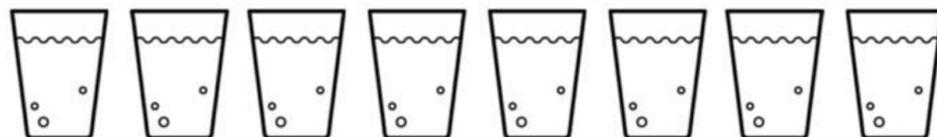
- Cardio
- Strength
- Other

## Wednesday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



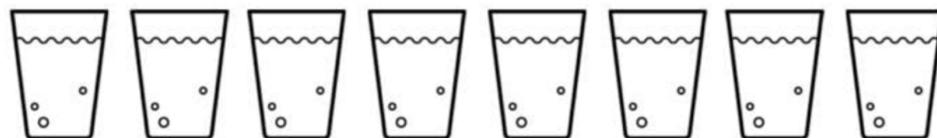
- Cardio
- Strength
- Other

## Thursday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



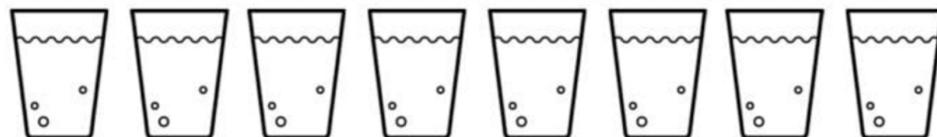
- Cardio
- Strength
- Other

## Friday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



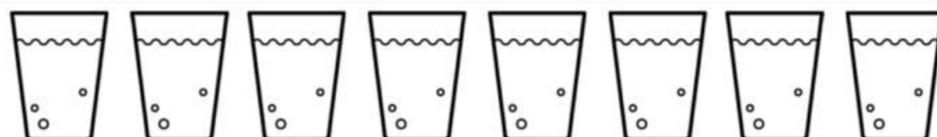
- Cardio
- Strength
- Other

## Saturday

Activity: \_\_\_\_\_

Minutes: \_\_\_\_\_

Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other