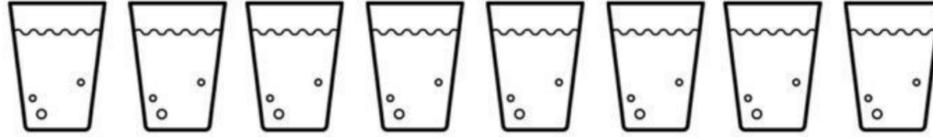


# WEEKLY EXERCISE LOG



## Sunday

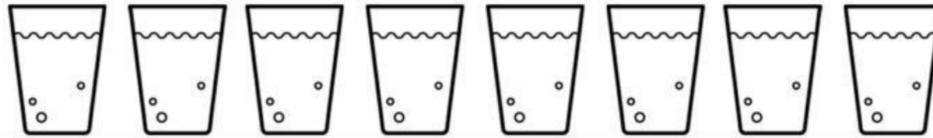
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Monday

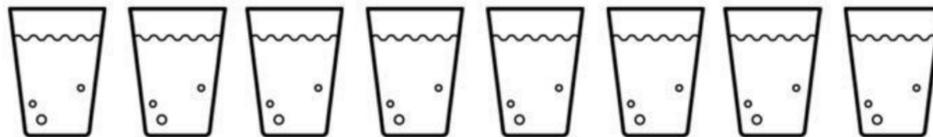
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Tuesday

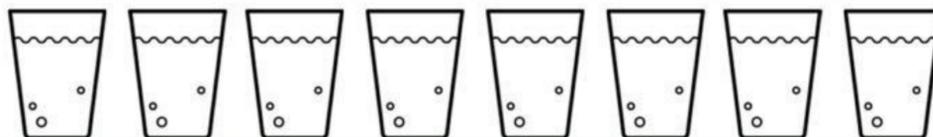
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Wednesday

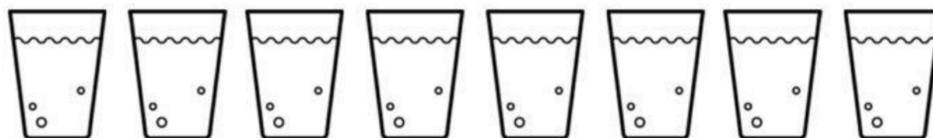
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Thursday

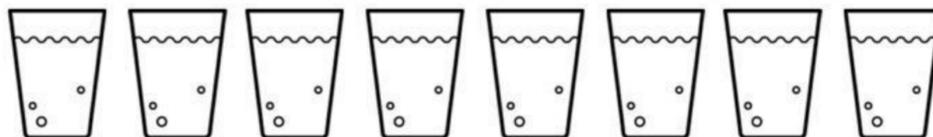
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Friday

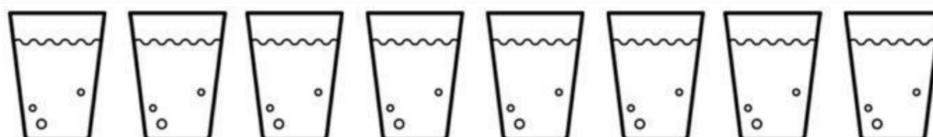
Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other

## Saturday

Activity: \_\_\_\_\_  
Minutes: \_\_\_\_\_  
Calories Burned: \_\_\_\_\_



- Cardio
- Strength
- Other