EKERCISE LOG

Exercise Log For: Week Of:								
In the table below, list the different exercises you choose (e.g., biceps curls, squats, crunches), followed by the number of sets and repetitions you plan to work on that week for each exercise. Then check off that exercise as you complete it each day.								
Exercise	Set/Reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
								
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Write in any other activities here and the time spent doing them each day (e.g., walking the dog, jogging around the school track).								
Activity	Monday	Tuesday	Wedne	sday Thurs	day Frida	y Sof	urday St	inday
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