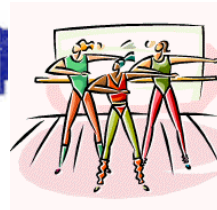


Name _____



EXERCISE LOG



Week Of _____

	Mon	Tues	Wed	Thurs
Activity & Minutes				



Snack and Drink Log

	Mon	Tues	Wed	Thurs
Food or Drink				