



# EXERCISE LOG

	CARDIO	STRENGTH	FLEXIBILITY
DAY 1			
Minutes			
Type			
DAY 2			
Minutes			
Type			
DAY 3			
Minutes			
Type			
DAY 4			
Minutes			
Type			
DAY 5			
Minutes			
Type			
DAY 6			
Minutes			
Type			
WEEKLY GOAL			
ACTUAL TOTAL			