

Week ____: Daily Exercise Log

Week of (dates) _____

Monday	Tuesday	Wednesday	Thursday
<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>
Friday	Saturday	Sunday	NOTES
<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p>Did You Exercise Today?</p> <p>Yes / No</p> <p>If Yes, explain what you did.</p>	<p><i>Use this space to record your weight and/or jot down any notes about your week of exercise.</i></p>