



EXERCISE

LENGTH OF TIME

DAY

SUNDAY

Date _____

Date _____

Date _____

MONDAY

Date _____

Date _____

Date _____

TUESDAY

Date _____

Date _____

Date _____

WEDNESDAY

Date _____

Date _____

Date _____

THURSDAY

Date _____

Date _____

Date _____

FRIDAY

Date _____

Date _____

Date _____

SATURDAY

Date _____

Date _____

Date _____