

Exercise Log

Use this log to keep track of your weekly exercise activity.

It can help you see how exercise affects your daily life! By taking a few seconds to document your workouts, you're bound to take a greater pride in your training program!

Date	Type of Exercise	Time (minutes)	Distance (miles)	Exercise Intensity	Workout Notes (ex. weather, injuries, how the session felt, etc)
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
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