

## Exercise Log

<b>Week #</b> _____	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Date</b>							
<b>Type of Exercise</b>							
<b>Exercise Minutes</b>							
<b>Total Daily Steps</b>							

**My goals for the week:**

**My reward for the week:**