PERSONAL EXERCISE LOG
(FOR THE WEEK OF _____)
[List and record the total number of minutes of any particular aerobic exercise]

| EXERCISE (MINUTES) | M | TU | W | TH | F | SA | SU | WEEKLY MINUTES |
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| TOTAL | | | | | | | | |

PERSONAL EXERCISE LOG
(FOR THE WEEK OF _____)
[List and record the total number of minutes of any particular aerobic exercise]

| EXERCISE (MINUTES) | M | TU | W | TH | F | SA | SU | WEEKLY MINUTES |
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| TOTAL | | | | | | | | |

PERSONAL EXERCISE LOG
(FOR THE WEEK OF _____)
[List and record the total number of minutes of any particular aerobic exercise]

| EXERCISE (MINUTES) | M | TU | W | TH | F | SA | SU | WEEKLY MINUTES |
|---|---|---|---|---|---|---|---|---|
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