



# EXERCISE *log*

	Date	Steps	
Goal for the week:			
Monday			WEEK
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
Monday			WEEK
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
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Did I achieve my goal?		Total: Average:	
	Date	Steps	
Goal for the week:			
Monday			WEEK
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Did I achieve my goal?		Total: Average:	
When you reach your goal, reward yourself!			

Consult your doctor before starting any exercise program.